

INTRODUCTION:

For those learning about ecosystems, this is a great way for kids to get hands-on and learn about nature around them. The pond ecosystem shows the relationships between plants and animals in a sustainable way.

RECIPE TIPS:

- Chef Andrew used creme fraiche and cream cheese in the pea slime recipe. If you don't have these ingredients use yogurt instead!
- If you don't have a food processor, you can use a hand blender, potato masher or a trusty fork to squish all the ingredients together!

ACTIVITY TIPS:

- KS1 - Children can use any cardboard, newspapers, old envelopes ect to make their pond. They can copy images of pond dwellers from books, magazines or google.
- KS2- If you do not live by a pond, some water from a stream, rock pool, lake or river could be taken also. Make sure the jar is in indirect sunlight. Use a magnifying glass (if you have one) and google to help identify the different organisms. Throw the water back where you found it after a week or 2.



NUTRITION NUGGET:

- Healthy snacks in-between meals give children's growing bodies the nutrients and hydration they need.
- Peas are a good source of iron which is needed to make new red blood cells which transport oxygen around the body. Many people in the UK have an iron deficiency which is called anaemia, a symptom of which is tiredness and low energy. adding iron rich foods to your diet like peas, kale, spinach and red meat will help prevent anaemia and keep you feeling energised!
- Adding cream cheese, yogurt or creme fraiche to the peas adds calcium and protein, great for keeping bones and teeth strong and healthy.

CURRICULUM LINKS:

- Science - Identify and describe the basic structure of a variety of common flowering plants, animals, and materials.
- Art - Become proficient in drawing, painting, sculpture and other art, craft and design techniques.

TOOLS REQUIRED:

Crayons/Colouring pens, Pencil, Map of the world (to copy), Large Piece of paper, Any other arts and crafts materials you would like to use!

KS2 Activity:

Pond Water, jar with a lid, magnifying glass.

