

## INTRODUCTION:

Rainbows always brighten up a rainy day. Many children have been creating rainbows in honour of the NHS workers. They are a lovely way to show them we care and are thinking about them.



## RECIPE TIPS- Rainbow Rice:

- You can use any vegetables you have in the house for this recipe
- Layer the vegetables and rice in a glass to get a rainbow effect. Use the glass as if you were making sandcastles: once the glass is full place a plate on top and flip over, give it a tap and lift off the glass, you should be left with a nice shape to serve the rainbow rice.

## RECIPE TIPS- Fluffy Egg Cloud:

- Easy way to separate the egg yolks from the whites: Crack the egg into a bowl, squeeze an empty plastic water bottle slightly, and place the bottle opening over the yolk. When you release your grip, the yolk is sucked inside, separating itself from the white. Squeeze the yolk into another bowl and you're done.
- Whisk the eggs until they are stiff peaks. Fold the cheese into the egg whites gently so as not to knock the air bubbles out.

## ACTIVITY 1 TIPS:

- KS1 - Use any colourful ingredients from around the house like fruit, veg, tins, spices, packaged foods etc. Alternatively use other household objects like paper clips, pencils, shoes.... anything!

## ACTIVITY 2 TIPS:

- KS2- Use the torch on a phone or a bike light.
- Explanation for children- Light is made up of many colors, and when it passes through water, it is broken up into the other colors seen in a rainbow.

## NUTRITION NUGGET:



- Eggs are a great snack for children as they are full of protein which is important for the repair and growth of muscles as well as containing nutrients which support brain function & development.
- Rice is a great source of carbohydrate which gives us energy. Try switching the white rice to brown to increase the fibre content of this snack.

## CURRICULUM LINKS:

- Art - Become proficient in drawing, painting, sculpture and other art, craft and design techniques.
- Science- Extend their experience of light by looking at a range of phenomena including rainbows, colours on soap bubbles, objects looking bent in water and coloured filters

## TOOLS REQUIRED:

- Pencil, Torch, Glasses with water, Coloured pens and/or pencils, Paper, Multi-coloured objects or ingredients from around the house