

INTRODUCTION:

This activity will be a fun way for children to learn about shadows and how the sun moves throughout the day.

RECIPE TIPS:

- Don't have cream cheese? Go check out Chef Andrew's Unicorn Hummus recipe!
- If you don't have food colouring in your cupboard, you could crush up different fruits or vegetables to create your own food colouring.

ACTIVITY TIPS:

- Activity 1: To keep your toothpick in one place, stick it in an object that can be left outside. Make sure your toothpick isn't in a drafty place, otherwise your toothpick might move around. Finally, you can set a timer to remind you to check your toothpick.
- Activity 2: You can use toothpicks or bluetac, elastic bands or skewers to attach the objects together when making their superhero.
- Activity 3: Encourage them to draw and discuss their ideas about their superheroes anatomy.



NUTRITION NUGGET:

- Did you know that you can get a vitamin from the sun? Our body can create vitamin D from sunlight on our skin when we are outdoors.
- Even though we can get vitamin D from the sun, we can also get it from foods. Egg yolks can be a good source of vitamin D too, which makes them a great addition to your sunshine toast.
- Why choose wholegrain bread? It's because wholegrain bread has lots more fibre than white bread. Fibre is really good at keeping your bowel healthy and making you feel full.

CURRICULUM LINKS:

- Art - Become proficient in drawing, painting, sculpture and other art, craft and design techniques.
- Science- Recognise that shadows are formed when the light from a light source is blocked by an opaque object
- Science- Find patterns in the way that the size of shadows change.

Take a picture of your superhero and tag us on Instagram using the hashtags...

#SUPERYUMMY #SIMPLYDELICIOUS



TOOLS REQUIRED:

Pencil, Rubber, Toothpick/small stick, Coloured pens and/or pencils, Paper, Random objects from around the house (tins, fruit, veg, boxes, jars.... anything!)