

GET TWISTY - GROWN UP GUIDE



INTRODUCTION:

Using art is a great way to get kids interested in maths and shapes as well as getting used to using mathematical instruments e.g. ruler, protractor, and a compass.

RECIPE TIPS:

- Chef Andrew used Marmite in his Marmite twists, however, if you don't have this ingredient in your cupboard then you can always use a different sauce or paste! Could you try curry paste, chutney, pasta sauce or even vegetables (like baked aubergine or caramelised onions)?
- Why not decorate your twisters even more? You could always sprinkle some sesame seeds over the top to make them look extra professional!

ACTIVITY TIPS:

- KS1 You can experiment with different swirls to see which one you prefer. Also, one of our favourite things to do is colour both sides of the swirl.
- KS2 (Activity 1) To draw the perfect square, make sure all the sides are exactly the same length.
- KS2 (Activity 2) If you don't have a compass pin a small piece of string to your paper and
- attach the other end of the string to your pencil and use it to create a semi-circle.

NUTRITION NUGGET:

Did you know that Marmite is fortified with vitamin B12? Vitamin B12 helps make sure our blood and nervous system are healthy.

• Cheese is packed full of calcium, which is great for strong bones and teeth. But did you know you can get calcium from other foods too? We can get calcium from tofu and bread (in the UK, our flour is fortified with calcium by law, which is a key ingredient in bread)

CURRICULUM LINKS:

• Maths - Identify and describe the properties of 2-D shapes, including the number of sides and line symmetry in a vertical line.

• Maths - Use mathematical vocabulary to describe position, direction and movement, including movement in a straight line and distinguishing between rotation as a turn and in terms of right angles for quarter, half and three-quarter turns (clockwise and anticlockwise). • Art - Become proficient in drawing, painting, sculpture and other art, craft and design techniques.

TOOLS REQUIRED:

Pencil, Rubber, Coloured pens and/or pencils, Rulers or straight edges, Compass (or string tied to pen and a pin), Paper, Sharpener, String/thread

#SUPERYUMMY #SIMPLYDELICIOUS