



# Round up: Issue 05

## Secondary

**Welcome** to our school newsletter where this week's theme is **'Food, Glorious Food'** We can certainly see that many of you have been busy getting very creative in the kitchen and your schools have been doing an amazing job of keeping up their great lunch provision for many of you to be able to enjoy!

Do keep sharing everything that you have been doing and, next week, we will look forward to hearing **the games that you have been playing with each other** as our theme for the weekly newsletter. Whether it's playing games online (remembering the 'stay safe' e-safety rules) or any type of games in your home, we want to hear from you. You can email contributions to [events@wiltshire.gov.uk](mailto:events@wiltshire.gov.uk)

Please ask your parent/carer to share with us any pictures (attach the picture as a jpeg to your email) and a few words on what you've been up to during the current times and we'll do our best to put them in the next edition. You can email your contributions to [events@wiltshire.gov.uk](mailto:events@wiltshire.gov.uk) but please do so by 5pm each Tuesday. Any pictures sent over will only be used in the newsletter but photos are stored for two years and then deleted.

**Children have been exploring healthy balanced diets as part of their home learning.**

All foods contain different nutrients, vitamins and minerals. In order to get all the nutrients we need, it is important to have a varied diet containing lots of different foods. Advice is to aim for three balanced meals a day and up to two healthy snacks. Use different protein sources in each meal and different varieties of vegetables.

Recent research suggests we should reduce the amount of meat we eat not only to improve our health but also to help the environment. As part of our home learning we have been exploring vegetarian cooking and making some yummy meals at home.



*Yummy home cooked meals!*



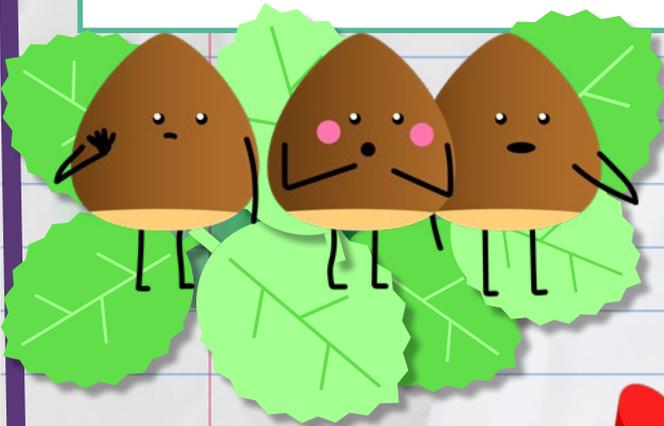
## Honey is bee vomit

When bees collect nectar, they drink it and keep it in their "stomach."

Once they're back at the hive, they regurgitate the nectar into the hive.

## Nutella

One in four hazelnuts end up in Nutella.



## McDonalds

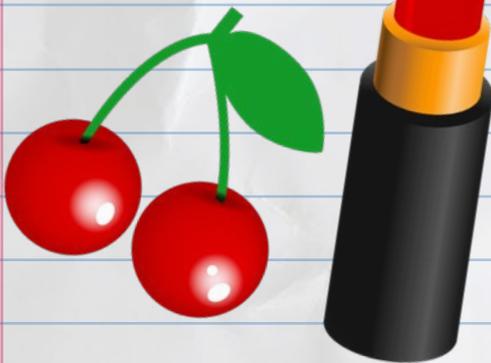
McDonald's sells 2.5 billion hamburgers every year.

*Nutella is so popular, 25% of all hazelnuts end up in a jar!*

*Since they're in such high demand, some universities are trying to grow them in labs in order to negate global shortages.*



*I'm off to work, bye!*



## Skittles

The red food dye for Skittles is made from boiled beetles.

A common red food dye, carminic acid, is made from the crushed bodies of a beetle called the dactylopius coccus.

This acid is used in maraschino cherries, strawberry and raspberry flavored candy, and lipstick. YUK!



*Miia has been baking a puff pastry berries and cream wreath. It looks absolutely delicious!*

*Here's the recipe*



Gabrielle made a chocolate cake



And here is Cacie's very impressive rainbow cake – looks delicious!

St Joseph's Catholic School, Salisbury very kindly shared some of their food thoughts from their newsletter.

Thinking about the magic combination of mint and peas it reminded me of one of my favourite, quick and easy dishes I cook at home. **Jamie Oliver's mini shell pasta with a creamy bacon and pea sauce.** The joy of this dish is in its pure simplicity; it only takes 10 mins to cook. Following the theme of last issue and using up ingredients around the house this only uses a few ingredients and one of them is something most of us have in our freezers at home, frozen peas!

The recipe states you should use mini pasta but just use whatever shape you have to hand, the idea with the shells is that the peas and bacon get caught up in them, making it just that little bit more lovely

## Jokes

Here are some food jokes, there is nothing like a 'corny' joke to cheer us up, so enjoy the ones below!

**Q: Why did the student eat his homework?**

A: The teacher told him it was a piece of cake!

**Q: What did the hungry computer eat?**

A: Chips, one BYTE at a time!

**Q: Why did the banana go to the doctor?**

A: Because it wasn't peeling well!

**Q: What do you give a sick lemon?**

A: Lemon aid!

**Q: What is a frog's favourite cold drink?**

A: Croak-a-cola!

**Q: What cheese is made backwards?**

A: Edam – get it? Made backwards!

**Q: What do you get if you cross an apple with a shellfish?**

A: A crab apple

**Q: How do you make an apple turnover?**

A: Push it downhill.

## Science challenge

To work your brain cells even further, here is science challenge for you...

### Dancing Raisins!!

#### The brief

Make raisins dance up and down in a glass of fizzy drink.

#### The method

1. Pour the can of drink into the tall glass.
2. Notice the bubbles coming up from the bottom of the glass. The bubbles are carbon dioxide gas released from the liquid.
3. Drop a few raisins into the glass. Watch the raisins for a few seconds. Describe what is happening to the raisins.
4. Do they sink or float? Keep watching... What happens?

#### Materials

- A can of clear fizzy drink (e.g. lemonade)
- A tall, clear glass
- A handful of raisins

#### How does it work?

Raisins have a higher density than the liquid in the glass, so they sink to the bottom. Carbon dioxide bubbles attach themselves to the raisins increasing their volume while adding very little to their mass.

With greater volume, the raisin displaces more fluid. This causes the water to exert greater buoyant force, pushing the raisins upwards. Once the raisins reach the top of the glass, the carbon dioxide escapes and the raisins sink again.

## Confidential Support

A new service of FREE and confidential support for ALL in Wiltshire aged 11 – 25 has been launched by a local charity called 'Young Melksham'. It is tough coping with lockdown and many of you may be finding it hard. Please don't think you are alone as this is one of many places you can go to for support.

Depressed ▪ Lonely ▪ Afraid  
▪ Angry ▪ Not Coping

**Free** and **confidential** support for young people aged 11-25

**01225 667328**

## Next week...

Next week we would like to hear about the **games that you have been playing** so please let us know what you get up to by emailing [events@wiltshire.gov.uk](mailto:events@wiltshire.gov.uk)

## Notice!

Due to your many wonderful contributions, from next week we will share some content sent from you via our social media as well.

You can follow us on  
Twitter: @wiltscouncil  
Facebook: @wiltshirecouncil