

Week 5—Understanding the World

Activity 1—Making Porridge

Use the porridge resource and follow the instructions to make some yummy porridge!

Whilst making it talk to your child about the process, describe the actions and ask these questions:

What do the oats look like/feel like?

How can we change the oats into porridge?

What should we do now?

What do you think will happen next?

How will the oats change when we add milk?

How will the mixture change when we put it in the microwave/on the hob?

Why will it change?

Why do we need to be careful when we heat things up?

How did it change?

What does it taste like?

Do you like it?

Why/Why not?

What is different about the porridge oats before we started and the porridge we have now?

What does the porridge taste like?

What could you add to change its taste?

Now its time to eat! Enjoy!



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Activity 2—Experiments

Gummy Bear Experiment

What you will need:

One Gummy Bear

Clear cup/glass

Water



Method:

Fill the cup 1/3 full of water.

Put the Gummy Bear into the cup of water.

Leave for 4 days.

After 4 days take the Gummy Bear out of the water and compare with another Gummy Bear.

Before you begin the experiment:

- Hold your bear up to the window. How much light can get through?
- Put the bear between your fingers and press it. What happens?
- How big is your bear?
- What do you think will happen to the bear when it is left in water?

4 days later ...

- What has happened to the bear that was in the water?
- Can you compare the bear that has been in the water, with a new gummy bear?
- How are they different?

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Activity 2—Experiments

What makes porridge yummy?

What you will need:

Porridge (ready to eat)

A variety of foods to add to the porridge

I.e. Syrup, fruit, ketchup, marmite, jam, and anything else the children want to add!



Method:

Put some porridge in several bowls so that you can add each topping to a different bowl.

Encourage the children to add a different topping—mixing it into the porridge.

Then taste.

Goldilocks liked Baby Bear's porridge the best? Why do you think she liked it so much?

Can you use these ingredients to make some yummy porridge?

Which ingredients were good for porridge and which were not so good?

Which ingredients made the best porridge?

Are there any other ingredients you would like to try out?

Use words to describe the flavours—sweet, salty, delicious, tasty, yummy, not nice, too salty.

