

# Summer Challenge

## **SETTING CHALLENGES AND GOALS DRIVING OUR OWN LEARNING**

*Anne Jones & Billy Redmond  
2021*



# ABOUT ME

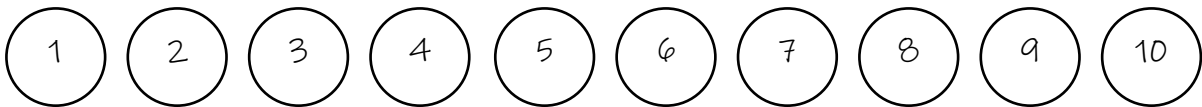
Name:

School:

What do we hope to learn together during the Aviva Summer Challenge

## Scaling

On a Learning Scale, where 10 is 'I believe that my learning is as good a possible and I could not improve' and 1 is where 'I don't know how to learn or improve my learning'.



Where are you on the scale?  
What are your strengths?

Optimistic Thinking	Skills Challenges	Strong and Safe	Communication Skills	Reflection & Relax

# HELPING ME WORK ON MY PROGRAMME

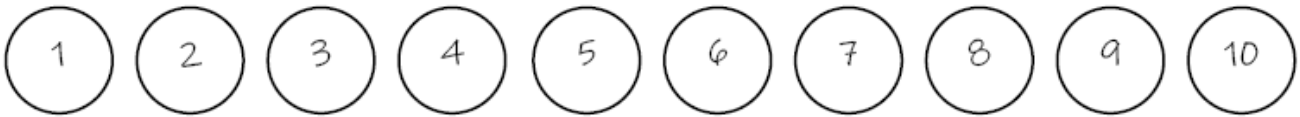
What I need to...

do more of	be careful of	stop doing



# GOAL SETTING AND REFLECTION

Reflect – over the past Module rate yourself for \_\_\_\_\_



Needs Work

Amazing

I give myself a scale score of \_\_\_\_\_

What have you done to get to that point?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

My Goal this week is \_\_\_\_\_

When I reach my target this week

I will feel \_\_\_\_\_ because \_\_\_\_\_

I will notice that I am doing well with my target when I am

\_\_\_\_\_

# SMART GOALS

Write your thoughts here

Specific	<p>What do I want to accomplish?</p> <p>Why do I want to accomplish this?</p> <p>What are the requirements?</p> <p>What are the constraints?</p>	
Measurable	<p>How will I measure my progress?</p> <p>How will I know when the goal is accomplished?</p>	
Achievable	<p>How can the goal be accomplished?</p> <p>What are the logical steps I should take?</p>	
Relevant	<p>Is this a worthwhile goal?</p> <p>Is this the right time?</p> <p>Do I have the necessary resources to accomplish this goal?</p> <p>Is this goal in line with my long term objectives?</p>	
Time-bound	<p>How long will it take to accomplish this goal?</p> <p>When is the completion of this goal due?</p> <p>When am I going to work on this goal?</p>	

## 3.2.1



# DESIGN/TASK PLANNING GUIDE

Design Brief

**What are my goals for this task?**

**What ideas do I have to complete this task?**

**What tasks do I have to do?**

**What materials do we need?**

**Action Plan - List the different steps involved. What do I need to do?**

# TASK PLANNING SHEET

Challenge area:	
	
	
	
	
	
	
	
	
	
	



# VISUAL TIMETABLE

Name:

\_\_\_\_\_

Time	Monday	Tuesday	Wednesday	Thursday	Friday
1					
2					
3					
4					
5					
6					



# RELAXING – WHAT IS IT?

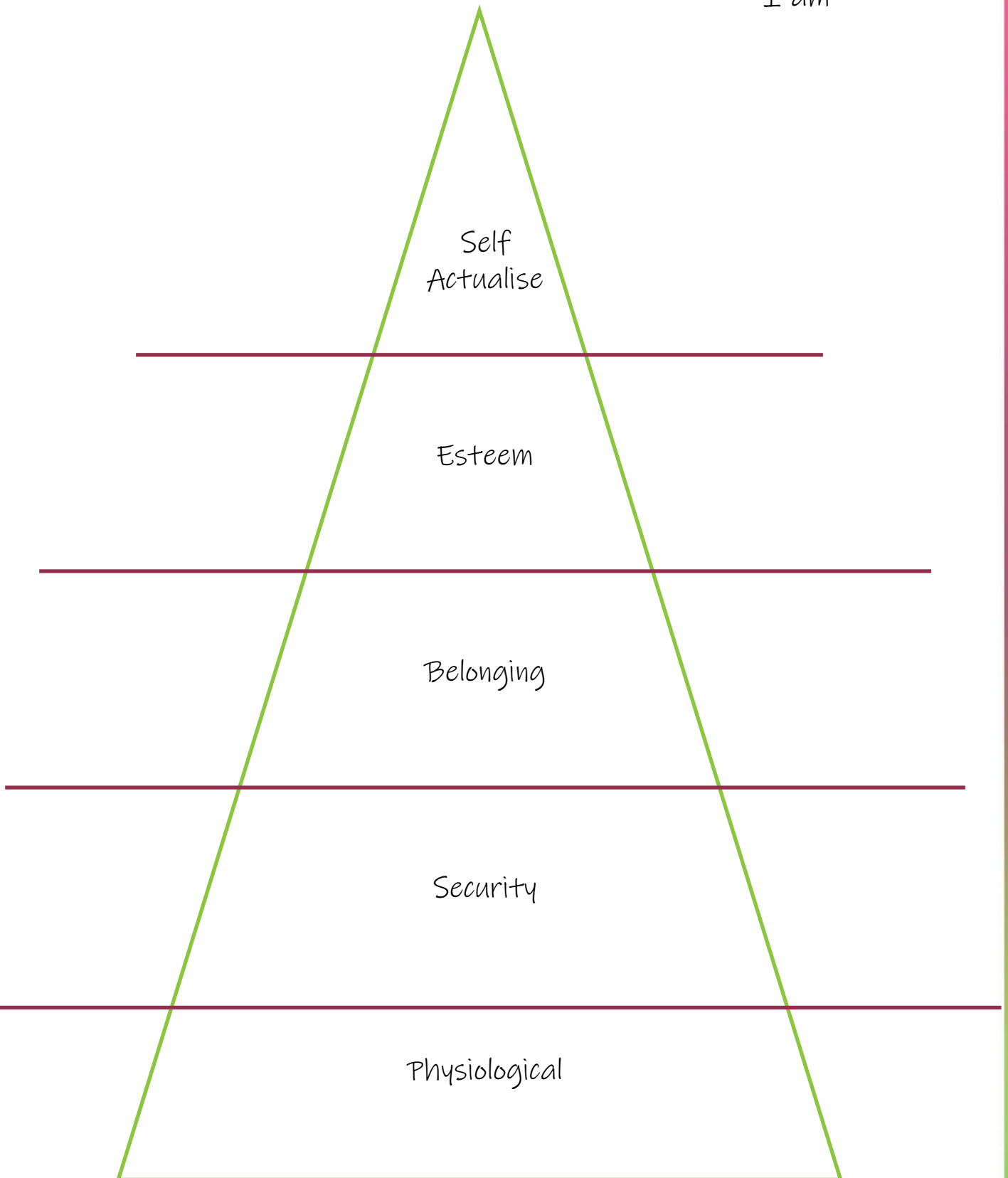
Try to think quickly, can you think of one word beginning with each letter of the alphabet that connects us to relaxation?

A	H	O	V
B	I	P	W
C	J	Q	X
D	K	R	Y
E	L	S	Z
F	M	T	
G	N	U	

# MOTIVATION

Feelings /  
Emotions

Subjects -  
Where I think  
I am



# EMOTIONAL TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday



# BELONGING IN CLASS



Look Like?

What will I see happening? What will we be doing?  
If I looked into the classroom what would I notice?



Sound Like?

What will I hear in this room? What kinds of phrases from the  
students and teacher?



Feel Like?

How does it feel to be in this class? How do you feel? And what  
about others? Students and Teachers / SNAs?

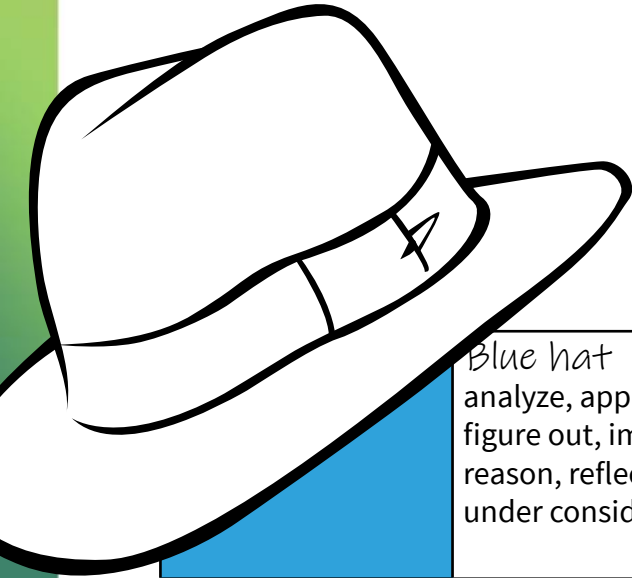
*Think about...*

What can I do to help others belong in class?

What can we do to help each other feel like we belong?






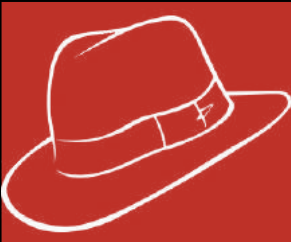
# THINKING HATS

Edward de Bono



	<p><i>Blue hat</i> analyze, appraise, cerebration, conceive, consider, estimate, evaluate, figure out, imagine, mull, muse, ponder, rack one's brains, rationalize, reason, reflect, resolve, sort out, speculate, stop to consider, take under consideration</p>
	<p><i>White hat</i> chapter and verse clue data, illumination, info, inside story, knowledge, learning, material, notice, report, tip, whole story</p>
	<p><i>Black hat</i> close study, conclusion, conviction, evaluation, examination, exploration, idea, inquiry, inquisition, inspection, observation, opinion, resolution, result, review, scrutiny, summary</p>
	<p><i>Yellow hat</i> beneficial, helpful, affirmative, constructive, effective, forward-looking, practical, productive, progressive, reasonable, sound, useful</p>
	<p><i>Green hat</i> cleverness, genius, imagination, imaginativeness, ingenuity, inspiration, inventiveness, originality, resourcefulness, vision</p>
	<p><i>Red hat</i> appreciation, compassion, emotion, empathy, fondness, imagination, impression, intensity, intuition, passion, sensibility, sensitivity, sentiment, sentimentality, sharpness, spirit, sympathy, understanding, warmth</p>

# THINKING HATS – THINKING TOGETHER

	Blue hat
	White hat
	Black hat
	Yellow hat
	Green hat
	Red hat

# STRESS & STRENGTHEN AT SCHOOL

Stressful  
habits and  
thoughts

EITHER - Can  
strengthen  
or stress  
depending on...

Strengthening  
habits and  
thoughts





## LIFE LUGGAGE

Think of all the responsibilities and thoughts and concerns we have, write as many down as you can on the backpack, you can use symbols or images if you want to. Feel free to use colours. When finished we will pick the 5 we feel could be changed easiest of let go of as it is not helpful.



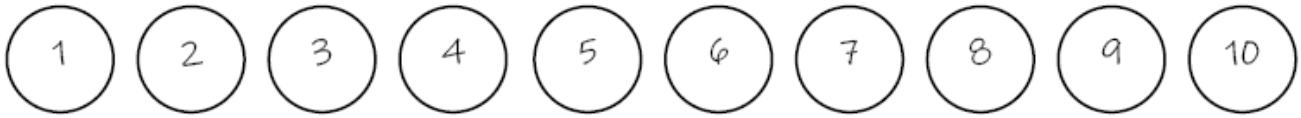
# POSITIVE SELF TALK

What do I need to...

say more of to ourselves	be careful of saying to ourselves	stop saying to ourselves

# GOAL SETTING AND REFLECTION

Reflect – over the course rate yourself for how much more you know about yourself as a Learner?



Needs Work

Amazing

I give myself a scale score of \_\_\_\_\_

What have you done to get to that point?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

My Goal this week is \_\_\_\_\_

When I reach my target this week

I will feel \_\_\_\_\_  
because \_\_\_\_\_

I will notice that I am doing well with my target when my teachers and or I are \_\_\_\_\_

Signed:

Date:

My big target is  
to get to.....

When I do the  
following it will  
help me

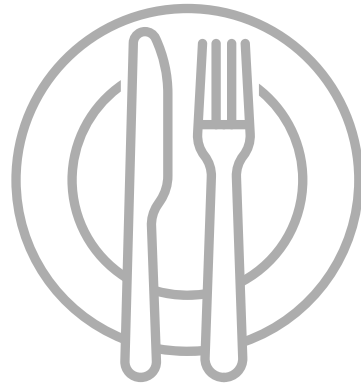
- 1.
- 2.
- 3.
- 4.

# LETS HAVE BREAKFAST

There is an old motto that says *“Eat breakfast like a King, lunch like a prince and dine like a pauper”* meaning it is wise to start the day with a large cooked breakfast

## What will you learn?

- What is breakfast
- Importance of breakfast
- Different types of breakfast
- Explore the world ...breakfast
- Serving breakfast
- Making breakfast



What is breakfast? Write down in the space below what you think breakfast is, now check online and see what other people say about breakfast.

Breakfast is a really important meal of the day for everyone. Can you think why?

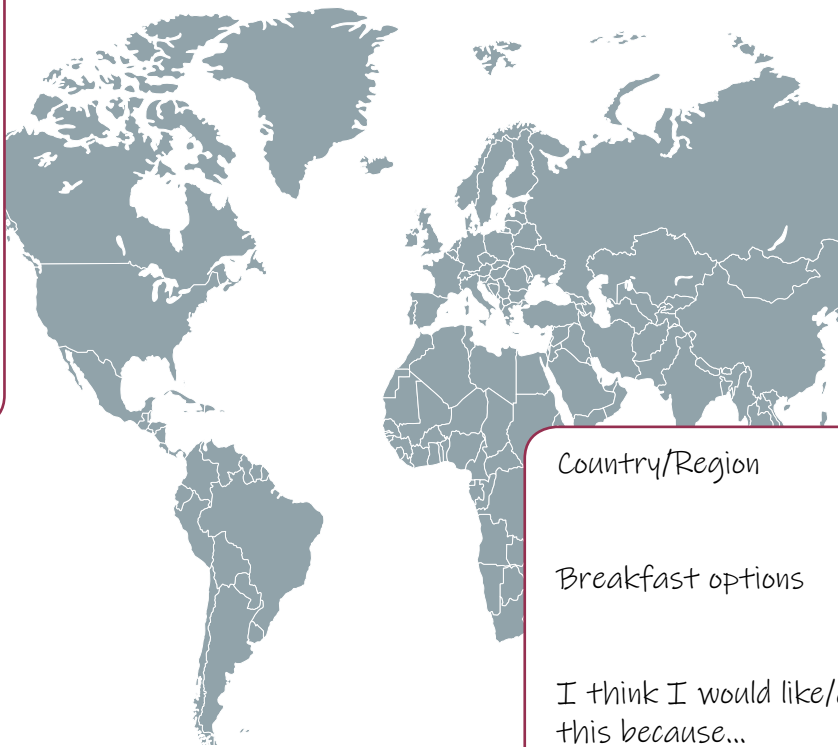
Foods we often associate with breakfast. Look at the images below and mark the ones that could be used for breakfast and add some more of your own in the space provided.



# BREAKFAST AROUND THE WORLD

From visiting other countries or from your research what do different countries eat for breakfast.

Use the map below to help you decide what countries you will research.



Country/Region

Breakfast options

I think I would like/dislike this because...

Country/Region

Breakfast options

I think I would like/dislike this because...

Country/Region

Breakfast options

I think I would like/dislike this because...

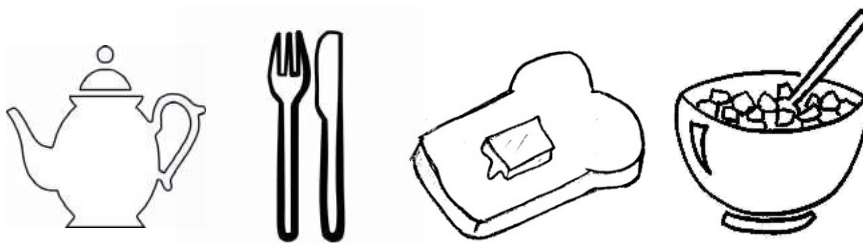
## Food for breakfast

What to drink	Fruit	Meat	Eggs	Bread / Rolls

# SERVING BREAKFAST

Sometimes if a person is ill or if it is a special occasion people can have breakfast in bed or if you had room service in a hotel. In order to do this you will need to set a breakfast tray. This is something you could do as a special treat for someone in your family

What will I need to put on the breakfast tray? Using the space below draw your breakfast tray.



## Buffet breakfast

Often if we eat breakfast in school or in a hotel it might be a buffet style breakfast. Look up what a buffet-style breakfast is and identify how it is different from your breakfast that you eat at home.

Write down some ideas here:

Write down some ideas here:

# LETS GET COOKING BREAKFAST

Fruit we can eat for breakfast:

## Fruit Bowl

### Ingredients

- A selection of fruits: strawberries / blueberries / bananas / apples / melon etc
- Yoghurt
- Granola

### Method

- Prepare all fruit- wash and remove skins if necessary
- Slice the fruit into bitesize pieces and place in a bowl
- When all fruit is chopped pour some of your favourite youghurt over the fruit and top with some granola or breakfast cereal to give it a crunch
- If you like honey you can pour some honey over if too

## Melon

### Ingredients

- A selection of different types of melons -honeydew, cantaloupe, water melon, gala etc

### Method

- Peel and slice the melons
- Arrange on a plate or in a bowl

### Serve

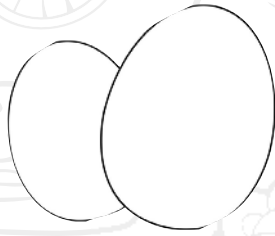
As a snack during the day melon is a great idea, chop up some extra and place it in a container to put in the fridge

## Smoothie

A smoothie is a very nutritious breakfast idea and is also ideal if you don't have time to eat a breakfast.

There are many different smoothie ideas but the best way to make them is to pick your favourite fruits and add some fruit juice e.g orange /apple/cranberry etc and some yoghurt and ice.





Eggs are a very versatile and easy food to use for breakfast.  
Eggs can be cooked in a number of ways

### Boiled Eggs

This is often the easiest way to cook eggs.

- Put 300 ml of boiling water into a saucepan
- Place on the hob( remember to get a grown up to help you with this part)
- Place your egg into the boiling water for 5-10 mins depending on how you like your egg cooked.

#### Serving

Eggs are served in an egg cup with a teaspoon used to eat the egg.



### Scrambled Eggs

#### Ingredients

- 2 large free range eggs
- 6 tablespoon single cream or full cream milk
- A knob of butter

#### Method

- Lightly whisk 2 large eggs, 6 tbsp single cream or full cream milk and a pinch of salt together until the mixture has just one consistency.
- Heat a small non-stick frying pan for a minute or so, then add a knob of butter and let it melt. Don't allow the butter to brown or it will discolour the eggs.
- Pour in the egg mixture and let it sit, without stirring, for 20 seconds. Stir with a wooden spoon, lifting and folding it over from the bottom of the pan.
- Let it sit for another 10 seconds then stir and fold again.
- Repeat until the eggs are softly set and slightly runny in places. Remove from the heat and leave for a moment to finish cooking.
- Give a final stir and serve the velvety scramble without delay.

This is another easy egg recipe to make.

Toast can be served with both these egg types.  
These are two easy recipes that can be eaten at any time of the day.



## Poached Eggs

Poached eggs can be a little bit more challenging but taste absolutely delicious

Visit [www.bordbia.ie](http://www.bordbia.ie) for lots more breakfast ideas with eggs.

### Ingredients

- 2 eggs
- Salt
- Dash of vinegar

### Method

- Bring a large pan of water to simmer.
- Season the water with salt and a dash of vinegar.
- Break the eggs, one at a time, onto a saucer then slide gently into the water.
- Cover the pan and continue to simmer for 2-3 minutes or until the eggs are cooked to your liking.

### Serve

Serve on some toast.



## Beverages for breakfast

For breakfast we often can have a cold drink/juice to start with and then have a warm drink like some tea/coffee/hot chocolate.

Some examples

- Fruit juice – orange/grapefruit/cranberry
- Tea -green tea/fruit tea
- Coffee
- Hot chocolate.

## Pancakes

Another favourite breakfast can be pancakes and again these are easy to make

### Ingredients

- 100g plain flour
- 2 medium eggs
- 300ml semi-skimmed milk
- sunflower oil, for frying

For the fruit topping:

- 300g fresh strawberries, halved, or any other fresh fruit
- 125g low-fat natural yogurt

### Method

- Sieve the flour into a large mixing bowl. Crack the eggs into a separate small bowl or jug and whisk to combine.
- Make a well in the centre of the flour, then pour in the beaten eggs. Use a balloon whisk to beat the eggs into the flour. Gradually whisk in the milk until the batter is smooth.
- Brush a medium non-stick frying pan set over a medium-high heat with 1 teaspoon of the oil to coat the base of the pan. When the pan is hot, pour in about 3 tablespoons of batter. Quickly tilt the pan from side to side to form a layer of batter over the base. Cook for 1 minute.
- Flip the pancake with a spatula. Cook for 1 minute more, until the underside is slightly golden. Slide out onto a plate and keep warm.
- Continue with the rest of the batter, brushing the base of the pan with more oil as required –you may need to do this after each pancake.

### Serve

Serve the pancakes with the fruit and low-fat yogurt. Enjoy!

( Essential Home Economics CJ Fallon )

Try more of the breakfast recipes below:

## Healthy breakfast muffins

### Ingredients:

- 125g butter or margarine
- 125g wholemeal flour
- 125g plain flour 50g light brown sugar
- 1 tablespoon mixed seeds (optional)
- 1 teaspoon baking powder
- 1 egg
- zest of 1 orange
- 150ml milk
- 2 tablespoons marmalade
- 1 tablespoon honey

### Method

- Preheat the oven to 175°C.
- Line a 12-hole muffin tin with paper cases.
- Melt the butter or margarine and allow to cool.
- Combine the flours, sugar, mixed seeds (if using) and baking powder in a large bowl.
- Mix the egg, orange zest, milk, marmalade and honey into the cooled butter or margarine.
- Add the wet ingredients to the dry ones and mix until just combined.
- Spoon the batter into the muffin cases, making sure each case is about two-thirds full.
- Bake in the oven for 20–25 minutes, until golden brown and cooked through.
- Cool on a wire rack.

Draw some of the ingredients you might see on the muffin!



## Try this popular Irish breakfast

### Full Irish

This cooked breakfast can be a huge favourite with everyone and you can add hash browns, mushrooms, tomatoes if you like.

A large cooked breakfast of meat (bacon, sausages and black and white puddings), eggs, vegetables and potato all fried in creamery butter.

#### Ingredients:

- Pack of Irish bacon or rashers
- Pack of Irish local Sausages
- Black and white Pudding
- 400g of baked Beans
- 4 Eggs
- Mushrooms
- 4 medium tomatoes halved
- Potato Farl or boxty or some cold cooked potato leftovers from yesterdays dinner (traditionalists only)
- Served with slices of soda or traditional Irish brown bread.
- Irish creamery butter (optional)
- Jam (optional)
- Breakfast tea
- Orange juice

#### Method

- Place a frying pan (skillet) over a medium heat and melt a knob of good Irish creamery butter.
- Add the rashers and fry them until they are cooked to your liking (Irish style cooked but not crispy). Set aside on a warmed plate in the oven to keep warm and fry the sausages in the frying pan. Once cooked add them to the rashers on the warmed plate.
- Meanwhile slice the puddings, half the tomatoes and chop up the mushrooms and add to the frying pan, frying until they are browned on all sides. Again, once finished add to a warmed plate in the oven.
- While you are frying the puddings, mushrooms and tomatoes, on a separate saucepan on another hob you can heat the baked beans if using.
- If going the traditional route and using potato bread or indeed using cold cooked potatoes add it to the frying pan and cook as to your preference.
- After finishing with the vegetables and puddings one can next fry the eggs in the same frying pan. Once finished with the
- eggs, one can now add all the cooked ingredients together and serve on 4 plates.

#### Serve

Serve with some thick slices of homemade Irish bread loaf be it soda or brown bread. For an extra touch have a little side dish of homemade jam and Irish creamery butter for a choice of a sweet topping to the bread to eat afterwards with your tea.

From the recipes above you may have your favourite breakfast or maybe it was not included. We hope you had fun exploring the different types of breakfasts.

Fill in your own favourite breakfast menu below and complete your reflection page.

My favourite breakfast

# LETS HAVE LUNCH

## What will I learn?

- What is lunch
- What are the different options for lunch around the world
- What is my favourite lunch menu
- Lunch ideas to make

## What is lunch?

You are probably used to having your lunch in school during the school term. Now on summer holidays you are having it at home some days or maybe at a friends house or having a picnic if the sun is shining.

## When do we eat lunch ?

---

---

---

## What can we add to our lunch to make it healthy?

---

---

---

---

## Sketch your favourite lunch:

# MY FAVOURITE LUNCH

In school my favourite lunch is...

Lined writing area for the first question, featuring a red margin line on the left and ten horizontal blue lines.

My favourite lunch during the school holidays is...

Lined writing area for the second question, featuring a red margin line on the left and ten horizontal blue lines.

# SPECIAL LUNCHES

Some times we might have a special lunch if we are celebrating an occasion e.g. birthday, a new baby, a religious celebration.

Research what this menu might look like and write or draw some of the ideas below:

My menu

What I think it will look like

# AROUND THE WORLD

## Lunch around the world.

In the map of the world below pick 5 countries ( or you can do more if you like) and research what lunch is like and what is a common favourite lunch.



Country/Region:

Favourite lunch:

Country/Region:

Favourite lunch:

Country/Region:

Favourite lunch:

Country/Region:

Favourite lunch:

Country/Region:

Favourite lunch:

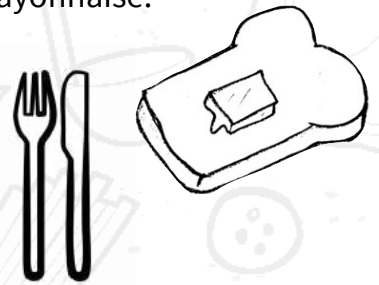


# MAKING LUNCH

Often our lunch for school is a packed lunch and generally can consist of some bread/rolls/pitta bread/wraps and some meat and /or cheese maybe butter or mayonnaise.

We often have a drink and a healthy treat of fruit/yoghurt/popcorn.

In the space below fill in some of the options for making a lunch.



Type of bread	Meat Filling	Dairy	Spread	Other options

## Did you know?

The first sandwich was said to be invented by the Earl of Sandwich. He was so busy playing cards, he sent out for a slice of beef between two slices of bread, in order to save time going for a meal!



# SANDWICHES

## Three parts to a sandwich:

1. Bread
2. Spread – provide a waterproof layer
3. Filling – combination of soft and crisp textures/ tasty and well seasoned

### 1. Bread

White  
Wholemeal  
Bap  
Pitta Bread  
French Stick  
Roll  
Bagel  
Tortilla

### 2. Filling

Thinly sliced meat e.g. chicken, beef etc. with lettuce and mayonnaise/ chutney /mustard.  
Flaked tuna/salmon with cucumber/lemon juice and mayonnaise.  
Salad filling – chopped egg, lettuce, tomato, onion and mayonnaise with seasoning.  
Garlic chicken and mayonnaise.  
Chicken tikka and yoghurt  
Tuna and sweet corn  
Ham/Cheese salad

### 3. Garnish

Parsley  
Cress  
Lettuce  
Crisps/Pringles

What I think it will look like

## Sandwich Options

1. Single - 2 slices of bread one filling
2. Double Decker – 3 slices of bread /2 fillings
3. Club – 4 or more slices of bread /3 fillings
4. Toasted – filled sandwiches toasted.
5. Submarine – large crisp rolls or French bread.
6. BLT - Bacon, lettuce and tomato, mayonnaise.
7. Pitta Bread – halved and filled with hot or cold filling
8. Rolled- crust less, thinly sliced bread with a thin filling e.g. pate, rolled and chilled.
9. Pinwheel – as for rolled, but slice like a swiss roll after chilling.
10. Open – one layer of buttered firm bread e.g. soda bread with filling on top.

## Create your favourite sandwich

The bread I will use is \_\_\_\_\_.

My filling will be \_\_\_\_\_

I will use \_\_\_\_\_ as my waterproof barrier.

# HOW TO BUILD A SANDWICH

1. Decide on the type of bread you would like
2. Use butter or mayonnaise or another sauce to act as a waterproof barrier
3. Place your meat/cheese/lettuce/tomato etc into your bread
4. Close your sandwich or bread roll or wrap
5. Using a knife, cut into squares or triangles as this makes it easier to eat or pack a sandwich

Explore different sandwich ideas and write the name of the sandwich and then the description

Name of Sandwich	Description	Do I like it?

Sometimes when we are having lunch we have a cooked or a hot lunch. Sometimes we can toast our sandwiches or wraps and this gives a different flavour as our cheese is melted.

Can you name some hot or cooked lunches that you have eaten?

Some hot lunches I have eaten:

Some hot lunches I have eaten:

# LETS GET COOKING LUNCH

Some recipes for lunch time:

## Basic Pizza

This is a basic pizza recipe so you can add other toppings as well. If you don't have time to make the dough you can use a wrap or a pitta bread (cut open) and if you want you could try to make a yeast base.

### Ingredients

- 225g self-raising flour
- 3 tablespoons oil
- 2 tblsp tomato puree
- 2 cloves garlic
- 1 onion
- Half teaspoon mixed herbs
- Salt & pepper
- Toppings of your choice
- 200g Cheese

### Method

- Preheat oven to 190C. Sieve flour and salt into bowl and stir in oil and sufficient water to make a soft dough. Remember you might just need a small amount of water at this stage.
- Lightly oil baking tray. Roll out dough to reflect the size of pizza you want or make mini pizzas.
- Prepare toppings slice/dice into small pieces.
- Spread topping on base and cover with grated cheese, and sprinkle with parmesan cheese if using.
- Cook near top of oven for 15 mins this may be slightly shorter if you make mini pizzas.

## Vegetable Soup

Vegetable soup is another popular lunch idea and can be made very easily and quickly. It also means you can select your favourite vegetables and make soup for your sandwiches.

### Ingredients

- 2 tablespoons butter or oil
- 1 onion, peeled and sliced
- 6 small potatoes, peeled and sliced
- 600ml chicken stock
- 1 parsnip, peeled and sliced
- 2 carrots, peeled and sliced
- 2 courgettes, sliced
- 75g frozen peas
- ½ green and red pepper
- 3 tablespoons chopped fresh parsley
- ½ teaspoon black pepper

### Method

- Melt butter in a large pan over a moderate heat. Add the onion and saute for 2-3 minutes.
- Add the potatoes and cook, stirring frequently, for 5 minutes.
- Add the stock and bring to the boil, then reduce the heat to a simmer.
- Add the remainder of the vegetables and cook until tender.
- Serve chunky or liquidise in a blender, if you don't have a blender it can be served as a chunky soup.
- Serve with some soda bread or bread rolls.

# LETS GET COOKING LUNCH

Another quick and easy lunch to make is an omelette and again you can add your own fillings (e.g. ham and cheese etc)

## Omelette

### Ingredients

- 1 teaspoon of vegetable oil
- 1 spring onion
- 2 medium eggs
- 30g low-fat cheese
- Ground black pepper
- 1-2 leaves of basil, to garnish
- To serve: toasted wholemeal bread low-fat spread

### Method

- Preheat the grill to medium. You can skip this step if you're going to flip the omelette in the pan instead.
- Slice the spring onion and mushrooms.
- Grate the cheese.
- Heat the oil in a small non-stick pan over a medium heat. When the oil is hot, tilt the pan to cover the base with the oil.
- Add the spring onion and mushrooms and cook for 5 minutes, until the vegetables begin to soften.
- Break the eggs into a bowl. Add the grated cheese and a little black pepper to taste and whisk to combine.
- Transfer the vegetables from the pan to the bowl and mix well, then return everything to the pan, making sure the mixture covers the base of the pan.
- Cook for 2-3 minutes, until the edges of the omelette are cooked and are coming away from the sides of the pan. The mixture should be firm. You may need to use a spatula to pull the cooked mixture away from the side of the pan to allow any raw egg to run into the gap you've created to ensure it is cooked thoroughly.
- To finish your omelette, either put the pan under the grill for 1 minute or flip it in the pan and leave to cook for the same amount of time.
- Slide the omelette out onto a plate.
- Garnish with torn fresh basil leaves.
- Serve with a slice of toasted wholemeal bread with low-fat spread.

# LET'S GET COOKING LUNCH

Some recipes for lunch time

## Macaroni Cheese Pie

Try the following recipe if you like pasta and cheese. If you don't have macaroni you could use another type of pasta you have at home. Likewise if you don't have cream but have Quark or Greek Yogurt you can use them instead. If you are vegetarian no need to add the ham. If you have leftover chicken you could add that either.

### Ingredients

- 250g macaroni
- 3 eggs
- 225g grated cheddar cheese
- 250ml milk
- 125ml cream
- 125g ham, chopped
- 1 tablespoon fresh chives, chopped

### Method

- Preheat the oven to 180 C.
- Bring a large saucepan of water to the boil over a moderate heat. Add pasta and cook until just tender, drain. Put pasta in a 5cm deep greased baking dish.
- Combine the eggs, cheese, milk, cream, ham and chives in a measuring jug. Mix well, then pour evenly over the pasta and dot with butter.
- Bake in a moderate oven for 40 minutes.
- Serve hot.

## Easy Hummus

Hummus is another really simple lunch idea and one that can also be made for the picnic. It can be flavoured with other ingredients too and serve it with pitta bread/ bread sticks /toast etc.

### Ingredients

- 400g can chickpeas, drained
- 80ml extra virgin olive oil
- 1-2 fat garlic cloves, peeled and crushed
- 1 lemon, juiced, ½ zested
- 3 tablespoon tahini
- Mixed crudité's and toasted pitta bread, to serve (optional)

### Method

- Thoroughly rinse the chickpeas in a colander under cold running water.
- Tip into the large bowl of a food processor along with 60ml of the oil and blitz until almost smooth. Add the garlic, lemon and tahini along with 30ml water. Blitz again for about 5 mins, or until the hummus is smooth and silky.
- Add 20ml more water, a little at a time, if it looks too thick. Season and transfer to a bowl. Swirl the top of the hummus with the back of a dessertspoon and drizzle over the remaining oil.
- Serve with crunchy crudité's and toasted pitta bread, if you like.

# LETS GET COOKING LUNCH

## Bruschetta

Bruschetta is a really simple and nice lunch idea as again you can decide what you would like to put on it. This one has chicken and tomato on it.

### Ingredients

- 2 teaspoons chopped fresh rosemary
- Salt and pepper
- 3 teaspoons chopped fresh parsley, plus extra to garnish
- 1 chicken breast fillet
- 2 garlic cloves
- 1 tablespoon ricotta cheese
- 1 teaspoon snipped fresh chives, plus extra to garnish
- ¼ teaspoon salt
- 8 slices of baguette or ciabatta bread
- 2 ripe tomatoes

### Method

- Combine the rosemary, 2 teaspoons of the parsley and some salt and pepper in a small bowl, then massage the herbs into the chicken. Cut the chicken breast fillet into thin strips.
- Peel and crush the garlic. Dice the tomatoes.
- Combine the crushed garlic, ricotta, the remaining teaspoon of parsley, the chives and the ¼ teaspoon of salt in a small bowl and set aside.
- Heat a griddle pan over a medium heat. Put the chicken strips on the pan and cook for 3–4 minutes on each side, until the chicken is cooked through.
- Lightly toast the bread.
- Top the toasted bread with the ricotta mixture, grilled chicken strips and diced tomatoes.
- Transfer to a serving platter.
- Garnish with the extra chives and parsley.

*Well done on completing the lunch activities!*

# GOING ON A PICNIC

## What you will learn?

- What is a picnic
- How to get ready for a picnic
- What you need to bring

A picnic is a social gathering outside (al fresco) where food is eaten.

We can go for a picnic anytime of the year but summertime is often the best time to go as the sun is shining.

Can you find any more information about the history of picnics?

Draw a picture of a picnic below:

Have gone on a picnic?  
Where did you go and what did you eat?



# PICNIC CHECKLIST

In the space below list or draw a map of some of the places close to where you live that you could have a picnic. Sometimes we can have a picnic in our back garden!

Area near me	Why it would be ideal for a picnic	Disadvantages for a picnic	Yes /No

## Where will we sit ?

When we go on a picnic we have different options and some places will have specific picnic benches. Can you think of anywhere near you ? Sometimes we can sit on a rug on the grass or maybe bring our own fold away table and chairs or sometimes we might just sit on a wall.



# FOOD STORAGE AND SAFETY

As we will be bringing food on the picnic we need to learn how to store and transport it safely.

Can you think of some top food safety tips for your picnic? List them below:

1

2

3

4

5

6

7

8

9

# SOME PICNIC TIPS

Freeze fruit juice in ice cube trays then pop the cubes out into an airtight lunchbox. This will keep the food around the container nice and cool – then, once the juice melts, you can pour it into cups, top it up with soda water and drink it.

Leafy salads will wilt before your very eyes, especially in the sun. Ditch the green salads and go for chunky crudité's like celery sticks and cucumber wedges instead.

Keep sauces and dressings separate where you can, to stop things going soggy. Ask all guests to bring a cushion in their own tote bag to sit on. Everyone can sit where they want, instead of having to move the blanket every five minutes to please both the shade chasers and sunseekers alike.

Remember flasks aren't just for tea and can be used to keep other liquids cool. Putting your salad in individual jars helps make serving the salad very easy.

Who will I go with /Will I send an invitation?	
What day and time?	
Where will we go?	
What will we sit on?	
What is the menu?	
What are the sweet treats?	

Source: ( [www.bbcgoodfood.com](http://www.bbcgoodfood.com) )

# MY PICNIC INVITATION

In the space below design and write your picnic invitation. Cut it out or take a photo and send it to the person/people who are going on the picnic with you.

## My Picnic Menu

Using some of the other recipes from breakfast and lunch and also the picnic recipes plan what food you will bring and how you will transport and store them to keep the food safe.

## Preparation Plan

In the space below complete the plan for your picnic:

Things to do before	
Things to do during	
Things to do returning	

*Remember when on a picnic leave no trace behind.  
Take all your waste home and dispose of it correctly.*

# PICNIC FOOD IDEA

Some recipes for a picnic

## Fruit Salad

It only needs a few ingredients and is quick to make. If you have younger siblings at home this is an easy one for them to help you with as they can help with grapes/strawberries etc.

### Ingredients

- 12 red or green grapes
- 2 tangerines or small oranges
- 2 kiwi fruits
- 1 medium banana
- 1 red or green apple
- 1 slice of pineapple, fresh or tinned
- 1 glass of fresh unsweetened orange juice (or apple / pineapple juice) or low fat fruit or natural yoghurt

### Method

- When preparing all your fruit try to cut them all to a similar size a good guide is that it will fit on a spoon for eating.
- Wash the grapes, then cut each one in half. Peel the tangerines or oranges and divide into segments
- Peel the kiwis and banana, then cut into slices. Wash the apple, then cut into quarters and remove and discard the core. Cut into chunks.
- Cut the pineapple slice into chunks.
- Place the all fruit in a large bowl.
- Add the orange juice and mix well.
- Or mix with your favourite yoghurt
- Serve the fruit salad on its own or with a scoop of ice cream.

## Easy hummus

Hummus can be flavoured with other ingredients too and serve it with pitta bread/ bread sticks /toast etc.

### Ingredients

- 400g can chickpeas, drained
- 80ml extra virgin olive oil
- 1-2 fat garlic cloves, peeled and crushed
- 1 lemon, juiced, ½ zested
- 3 tablespoon tahini
- Mixed crudités and toasted pitta bread, to serve (optional)

### Method

- Thoroughly rinse the chickpeas in a colander under cold running water.
- Tip into the large bowl of a food processor along with 60ml of the oil and blitz until almost smooth. Add the garlic, lemon and tahini along with 30ml water. Blitz again for about 5 mins, or until the hummus is smooth and silky.
- Add 20ml more water, a little at a time, if it looks too thick. Season and transfer to a bowl. Swirl the top of the hummus with the back of a dessertspoon and drizzle over the remaining oil.
- Serve with crunchy crudités and toasted pitta bread, if you like.

## Some more recipes for a picnic

### Cajun chicken wrap

This tasty wrap can be eaten hot or cold.

#### Ingredients

- 1 chicken breast fillet
- 4 lettuce leaves
- 1 spring onion
- 1 fresh basil leaf
- 2 tablespoons Cajun seasoning
- 1 teaspoon paprika
- 1 teaspoon of vegetable oil
- 1 teaspoon low-fat mayonnaise
- ½ teaspoon lemon juice
- 1 wholemeal tortilla wrap

#### Method

- Preheat the grill to medium.
- Slice the chicken fillet. Thinly slice the spring onion.
- Put the chicken strips on a baking tray and cook under the grill for 10 minutes, turning after 5 minutes. Set aside to cool.
- Meanwhile, combine all the other ingredients except the tortilla wrap in a bowl, then add the cooled chicken strips.
- To serve, simply spread the mixture onto the wrap. Roll up tightly and cut in half on the diagonal.

### Chocolate Chip Cookies

It is nice to bring some sweet treats on a picnic too.

#### Ingredients

- 150g/5oz self raising flour
- 75g/3oz porridge oats
- 125g/4oz butter (room temperature)
- 1 egg
- 1 teaspoon vanilla essence
- 125g/4oz light muscovado sugar or castor sugar
- 100g pack chocolate chips

#### Method

- Preheat oven to 190°C/375°F/Gas 5. Lightly grease two baking trays.
- Put the butter and sugar into a bowl and beat until mixture is smooth.
- Add the egg and the vanilla essence and beat again.
- Finally stir in the flour, oats and chocolate. Mixture will be very stiff.
- Place spoonfuls of mixture on the baking trays, leaving a space between each to allow for spreading.
- Bake for 10-15 minutes until beginning to turn golden brown. Cool for 2-3 minutes on the baking tray, then transfer to a wire tray to cool completely.
- As soon as cold, transfer to an airtight container to store.

Try the following recipe if you like bananas and have some at home which are over ripe

## Banana Squares

This is a really easy recipe to make and if you don't have cinnamon it will still taste great. If you don't have a swiss roll tin or another flat tin you could put the mixture in cupcake tins just adjust the cooking time to about 15 mins.

Banana Squares are also delicious served plain, topped with chocolate spread or simply dusted with icing sugar

### Ingredients:

- 225g/8oz plain flour
- 125g/4oz golden caster sugar
- 2 large bananas, mashed
- 4 tablespoons of vegetable oil
- 2 eggs
- 1 teaspoon baking powder
- Good pinch of cinnamon

### To Decorate

- 75g/3oz cream cheese
- 75g/3oz butter (room temperature)
- 1 teaspoon vanilla essence
- 225g/8oz icing sugar
- Banana slices (optional)

### Method

- Preheat oven to 180°C/350°F/Gas 4.
- Line a Swiss Roll tin 28cm x 18cm / 11" x 7" with greaseproof paper or baking parchment.
- Place sugar, bananas, oil and eggs into a large mixing bowl and blend together.
- Add the flour, baking powder and cinnamon and gently stir until mixture is smooth and ingredients are all blended.
- Pour into the prepared tin and spread evenly.
- Bake for 20-25 minutes until top is golden and a cocktail stick inserted in the centre comes out clean.
- Allow to cool completely.

### Topping

- Beat cream cheese, butter and vanilla essence together. Then gradually beat in the icing sugar until topping is smooth and spreadable.
- Spread on cake and cut into squares.
- Top with banana slices.
- Cover and store in a fridge.

# LET'S MAKE A PICTURE - CROSS STITCH

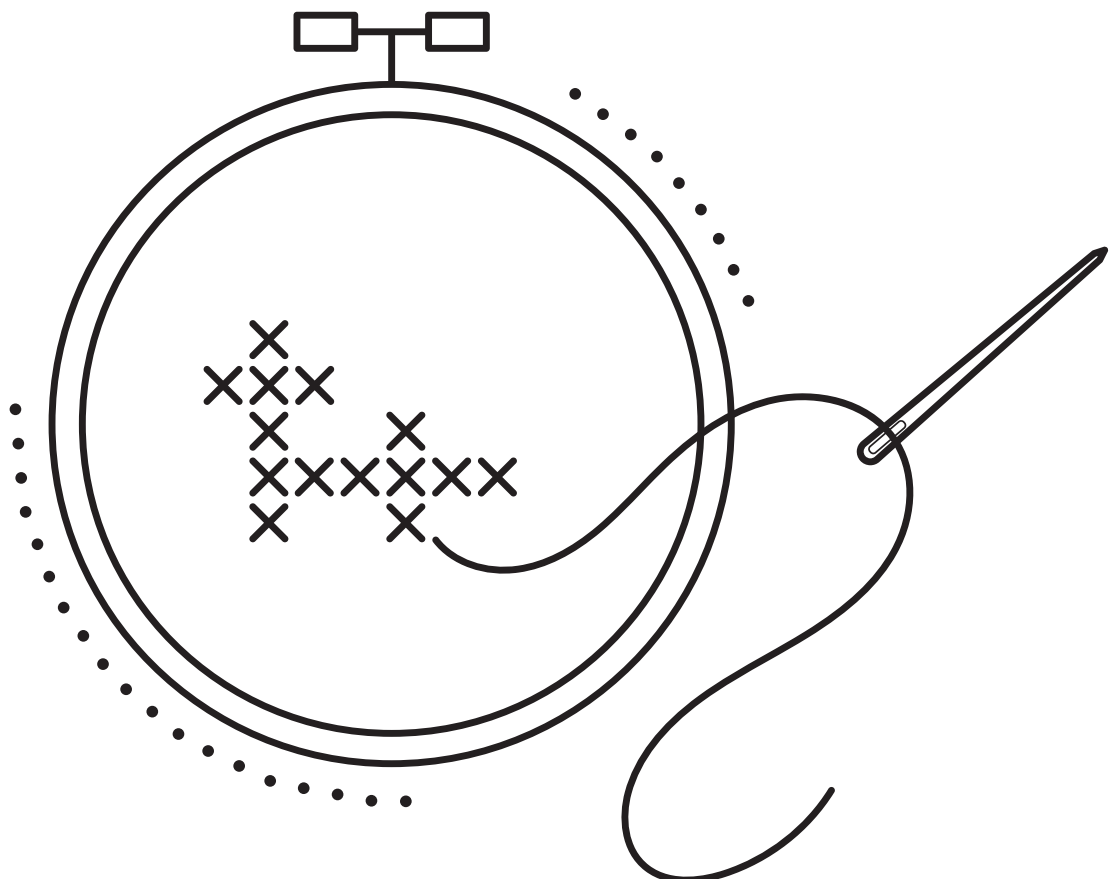
When we think of making a picture, we might automatically think of using a pen and paper, however you can also make a picture using wool and canvas.

A very simple cross stitch project is to use a needle, wool and a canvas backing that has large squares in it that makes stitching very easy. The fabric used for cross stitch is called Aida and as you become more familiar and confident with the cross stitch you could try that but for now, we will look at using the larger canvas backing.

*Cross-stitch is the oldest form of embroidery and can be found all over the world.*

*What I will learn:*

- I will research the history of cross stitch.
- I will learn a basic cross stitch.
- I will make a small item using cross stitch.





# HISTORY OF CROSS STITCH

Using the internet, look up 6 pieces of information about the history of cross stitching.

1.

2.

3.

4.

5.

6.

# PLANNING YOUR CROSS STITCH

## Materials needed:

They can all be found in your local craft shop if not they can be ordered online from them.

- Permanent marker
- Wool DK
- Needle (large this can be plastic if using card as the backing)
- Plastic canvas (a very small one is 11cm x 11cm approx. 0.50c although you can probably get a slightly larger one)

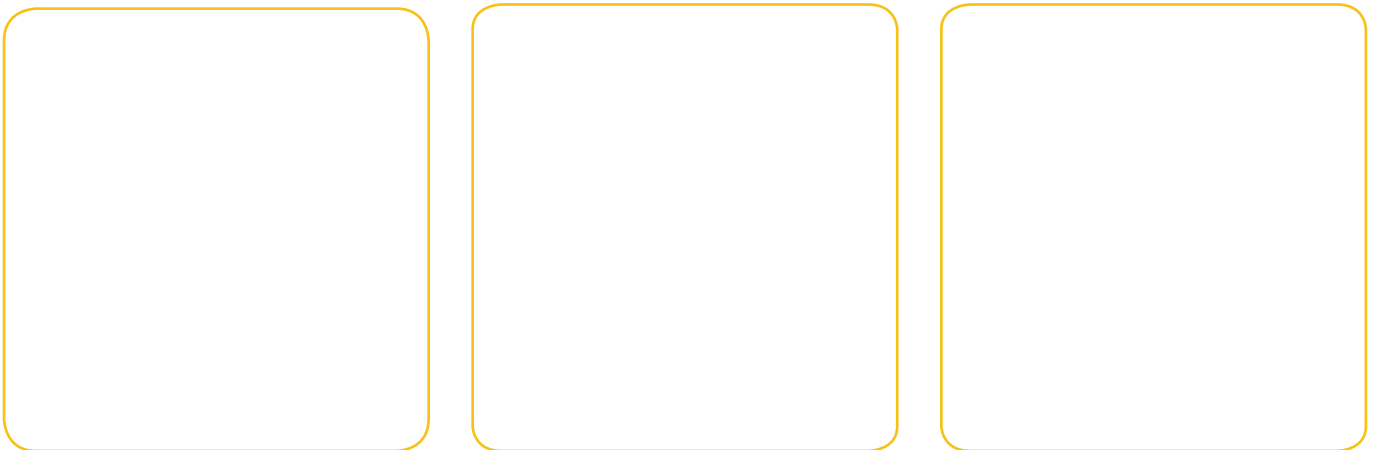
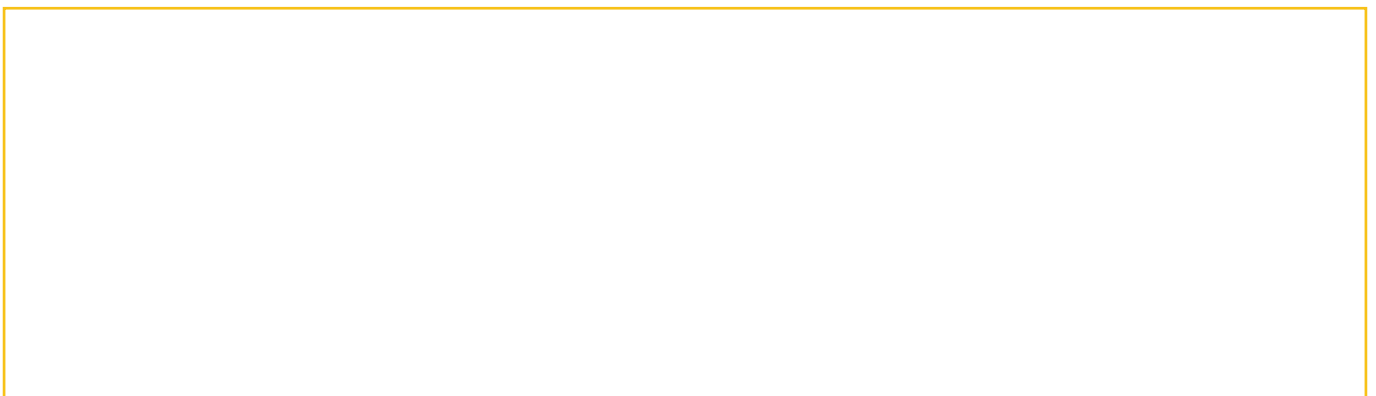
## Decisions to be made:

What will I make?

- Do you have a picture that you drew and could be used?
- The first letter of your name
- Favourite character (although this can take a little longer to finish)
- Birthday card

## Planning Tool:

In the spaces below design and plan out your cross-stitch project.

Three empty rounded rectangular boxes with orange borders, arranged horizontally, intended for planning the cross-stitch project.A large empty rectangular box with an orange border, intended for planning the cross-stitch project.

# MY CROSS STITCH DESIGN IDEAS

My inspiration...

Budgeting: Cost of material

TOTAL COST	€

# HOW TO DO THE CROSS STITCH

These are just some simple sample designs:

## Step 1.

Count the squares on your canvas and find the middle square.  
This will be the central point for your design.

## Step 2.

Transfer your design onto the plastic canvas using the permanent marker.

## Step 3.

Thread your needle with your wool.

## Step 4.

Using a back stitch on the first cross stitch start your sewing.

## Step 5.

Watch the video and look at the images below to help you get started.

## Step 6.

Once you have done a row of stitches it will be easy then.

## Step 7.

Once you have completed your piece you can frame it or put it into a card.



Well Done!

# REFLECTION ON CROSS STITCH

I enjoyed making this because...

I was happy with the finished item because...

I think it was attractive design because...

What modifications would you make if you did it again?

# MOTIVATIONAL QUOTES

Motivational quotes can be useful throughout our lives and especially if we have a challenging situation. Motivational quotes can help to give someone perspective on what is happening in their lives at that moment in time.

As you do your research you will find there are thousands of quotes some of them will mean something to you and others won't but remember most people will find some quotes that are meaningful to them.

In this activity you are going to do some research on motivational/other quotes and maybe decide which ones you like or you think a friend or family member who might like the quote.

## Research

Using the internet search for quotes under the following headings and write them in the space below:

Motivation	
Celebration	
Exams	
Challenges	
Friendships	
Family	

In the space below fill out some motivational quotes you might like.  
Use the internet to research some quotes.

Motivational Quote 1:

I like this quote because:

If I was to draw a picture about this it would be:

I can think of one other person who might like this:

Motivational Quote 2:

I like this quote because:

If I was to draw a picture about this it would be:

I can think of one other person who might like this:

Motivational Quote 3:

I like this quote because:

If I was to draw a picture about this it would be:

I can think of one other person who might like this:

Motivational Quote 4:

I like this quote because:

If I was to draw a picture about this it would be:

I can think of one other person who might like this:



# USING YOUR ICT SKILLS

Pick one of the quotes that you have read or maybe you might decide to use a number of different quotes and create one of the following:

*A multimedia poster*

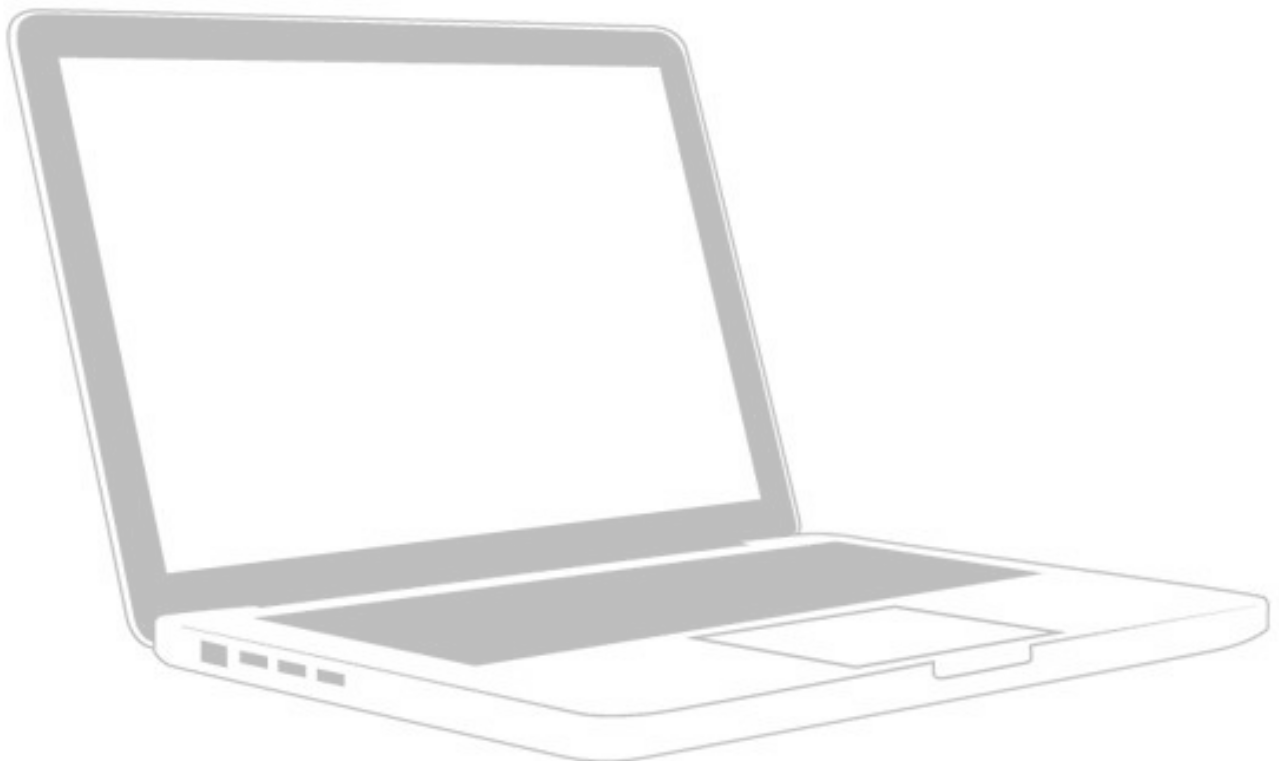
*A book marker*

*A video (TikTok)*

*A draw your own image to go with your quote*

*Make a card to give to someone special in your life*

*Rewrite the quote and put it in a frame which you can then put in your bedroom or study area*



# LETS GO ON HOLIDAYS ...

Going on holidays or having a break from your normal routine can be great fun.  
As often we go to see places and do activities that maybe we wouldn't do.

There are lots of places we can get information from when visiting a new area but one of the greatest sources of information is local people who live in the area.

Imagine if a young person your own age was to go on holiday to your county what would you plan for them.

*In this activity you are going to be the travel planner*

Using your ICT skills design a tourist brochure and a video of your plan for your friend.  
If you were going to visit a place for the first time write down / draw 6 things you would want to know/see:

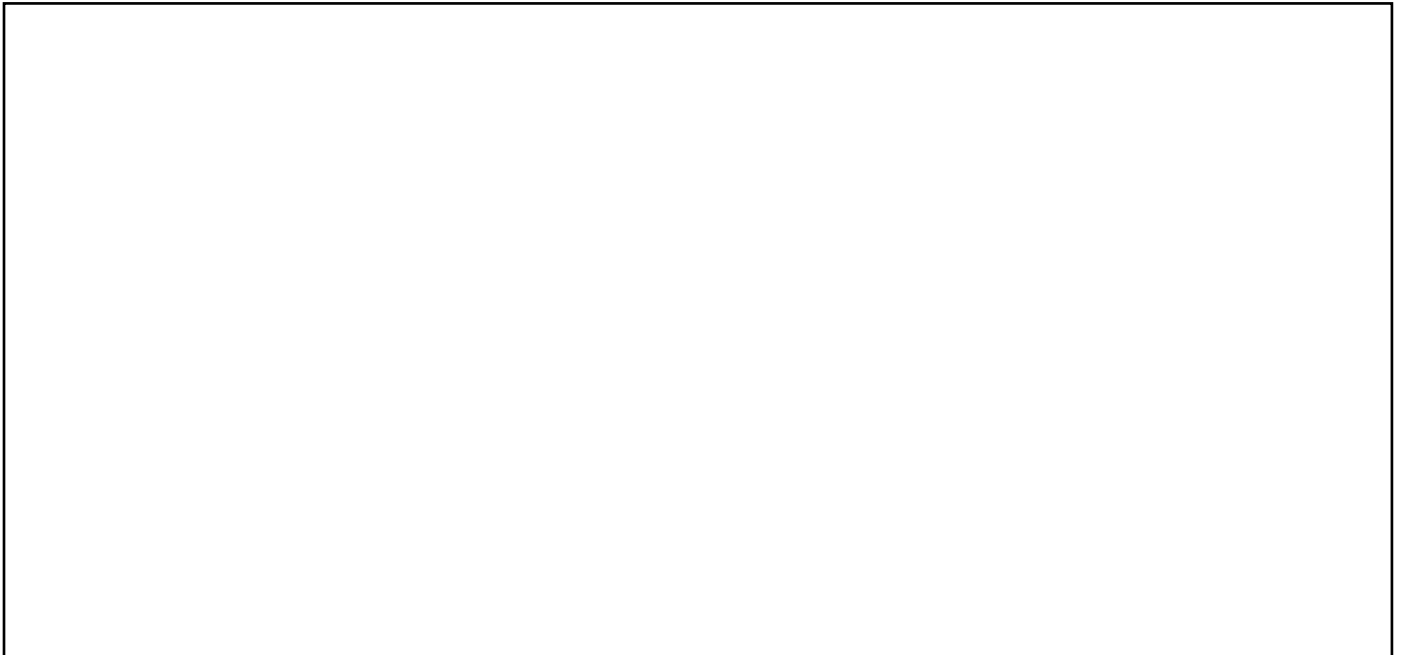
# HOLIDAY ITINERARY

A plan for our holiday is called an itinerary. Create your own below:

Tourist brochure for	
How long they will be staying.	
Local Tourist Office- email address/location/phone number	
Transport links- cost/timetables	
Places to eat	
Places to stay- Look up different places that someone could stay e.g. hotels, hostels, camping etc	
Places to visit	

# HOLIDAY ITINERARY

Draw a map of your county with the main towns and tourist attractions in it



*Things to do in the area:*

Name	Place	Activity	Cost

With the information you have collected now design your brochure

*Tips:*

Remember this is a brochure to attract people to the country or area so planning your layout and colour scheme is also very important part of the process.

Canva or publisher will have templates to help you design this brochure.

# WEAVING

Weaving is a method of textile production and it involves interlacing two different fibres to create the fabric.

A number of different materials can be used when weaving from paper to fabric and wool.

Weaving is one of the oldest forms of fabric production and can be found in many different cultures.

## What will you learn?

- I will research the history of weaving.
- I will learn a basic weave.
- I will make a small item using weaving.

## Research

Before you start learning how to weave, do some research on the history of weaving and pick one country to investigate further.

--	--	--	--

Research the equipment used for weaving:

--

# MATERIALS NEEDED FOR WEAVING

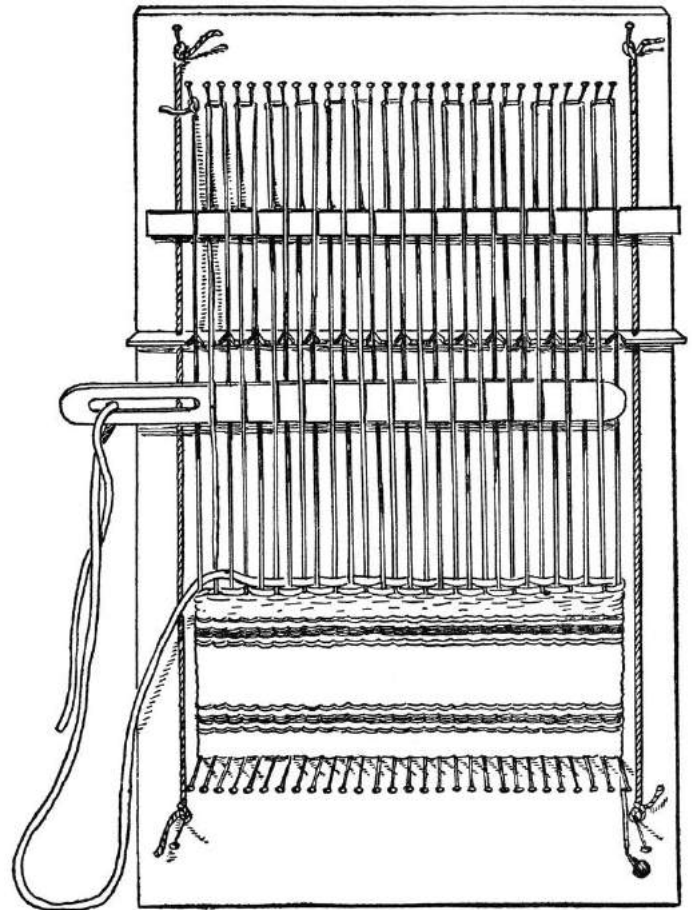
- Wool (you can use paper or fabric either )
- A loom this is the framework for weaving
- The loom can be made from card or from wood.
- A shuttle for the wool
- A needle

The starting point for weaving is knowing you are making a fabric and the basis of this is the warp and the weft so this is what you will be achieving once you start weaving.

## Decisions to be made:

What will I make?

- A wall hanging
  - An insert for a card
  - A placemat
  - A book marker
- 
- Decide on your pattern and colours you will use



## Planning:

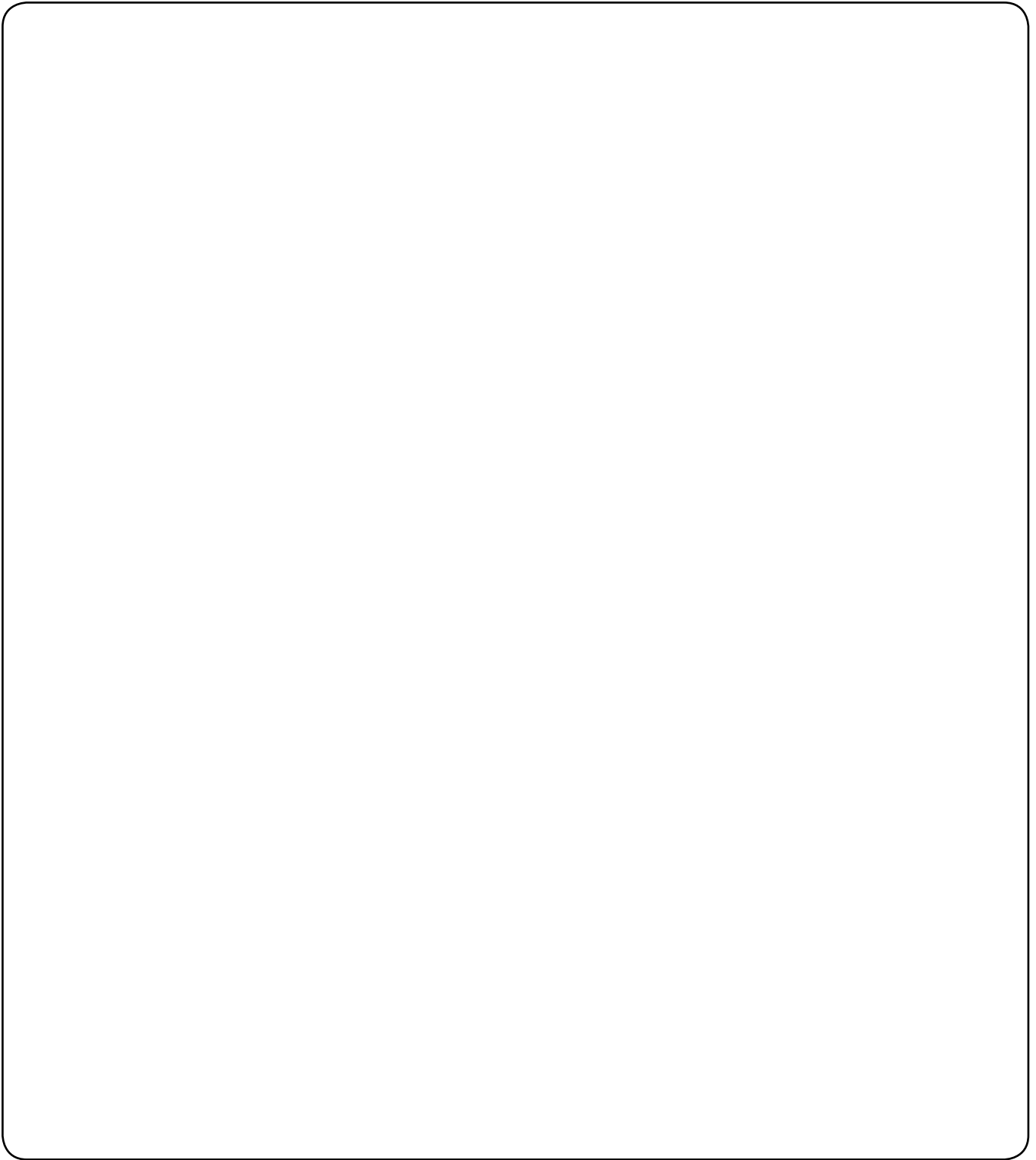
In the spaces below design and plan out your weaving project

--	--	--	--

# WEAVING DESIGN IDEA

*My inspiration*

Use this page to draw out your inspiration for your weaving project



# GETTING STARTED WEAVING

## Step 1.

Gather all your materials

## Step 2.

Set up your loom – this can be from card or from wood

## Step 3.

Thread your loom

## Step 4.

Once the loom is threaded up you can then start weaving the different threads back and forth. Don't forget to use your comb to push the threads close together as you move along

## Step 5.

Don't forget to watch the video on how to make this

## Step 6.

Once finished carefully cut the thread at the back and tie a knot in them to secure thread at the back

## Step 7.

Tie the threads in pairs to secure each end

## Step 8.

Flatten your weave and frame it, hang it or put it in a card as a gift for someone



We hope you had fun creating your textile piece and will make some more!



# INTERNET SAFETY

Technology and using the internet is a huge part of our lives and a very important part. However sometimes we may not realise how much influence it can have on us and on our behaviour.

## In my home

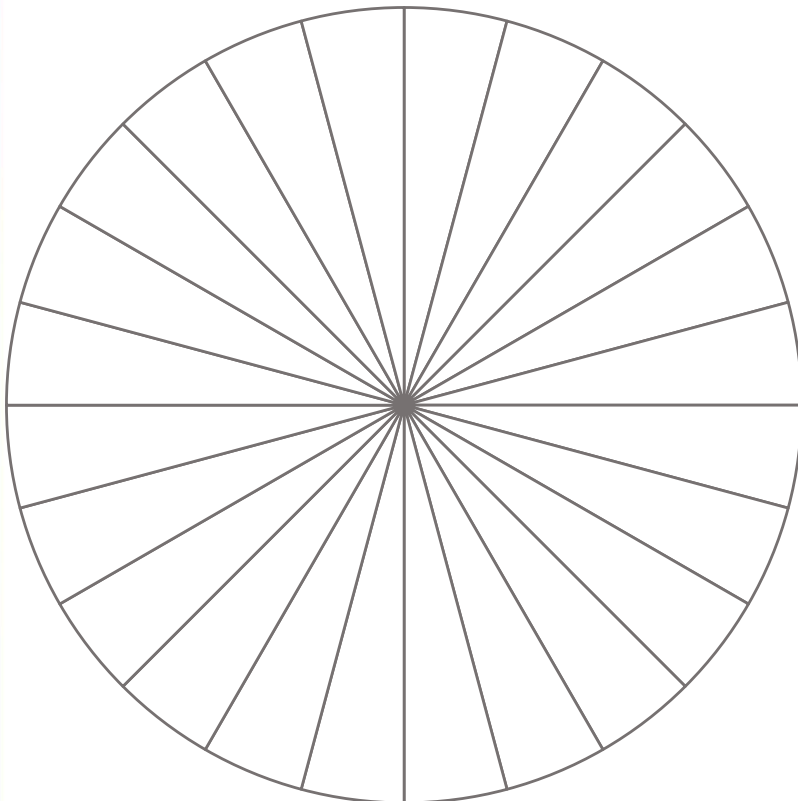
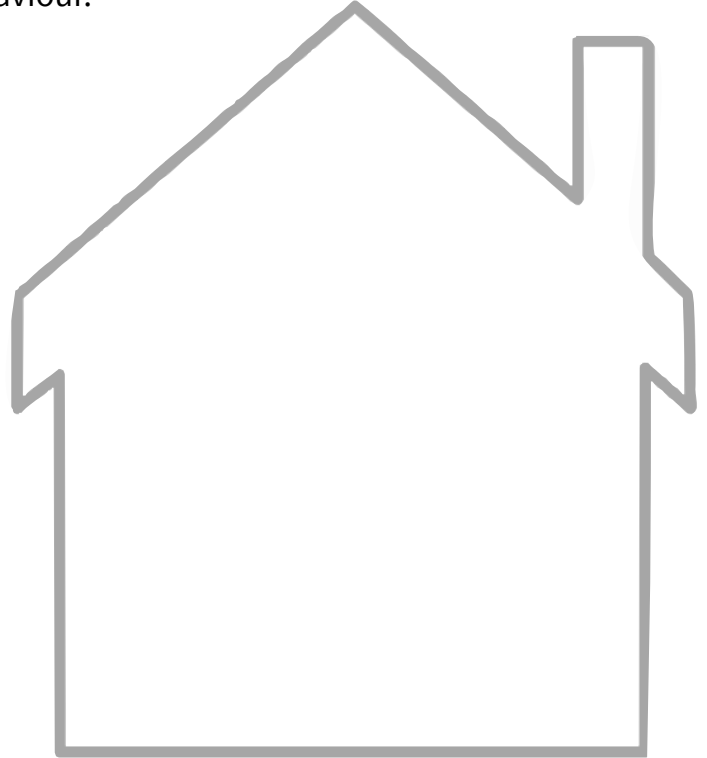
**In the house to the right, label all the different pieces of technology you would find throughout the house and name one advantage of using this piece of equipment.**

*Advantages of the equipment*

---

---

---



## My time online

In the pie chart write down all the things you do throughout the day and colour in each activity in a different colour.

List the activities you do throughout the day and plot and label them into the pie chart.

When you look at the pie chart do you have any observations about how you spend your time e.g. maybe you need to spend more time sleeping/doing exercise etc.

# BE MEDIA SMART – STOP/THINK/CHECK

As we spend more time online it is important we know about the content we see and is it reliable. [www.webwise.ie](http://www.webwise.ie) have some very good online material to help you and some of the following activities are from there and other sources which are identified below.

## Stop/think/check

- What does this look like ?
- Always stop, think and check is this information reliable?
- Where has it come from?
- What is the source?
- Do I trust this source.
- Read more than the headline.

### Remember:

Headlines are designed to catch your eye but a headline can't give the full story, and neither can a short social media post. If it sounds unbelievable, it probably is.

Don't assume that a picture or photo is giving you the whole story.

Sometimes pictures lie. If a picture has been altered or 'photoshopped', or simply used out of context, then it can be easy to draw the wrong conclusions.



# INTERNET SAFETY- WHAT CAN I DO?

- You can search for the photo or image to verify where it came from. Tools like Google Reverse Image Search can help to fact-check images.
- Just because information goes viral or is trending, doesn't mean it's accurate.
- Disinformation can be designed to provoke a strong emotional reaction and prompt instant sharing or 'liking' in a moment of outrage, excitement, disbelief, and so on.
- Social media and messaging applications make it really easy to share information quickly to wide groups of people.

*Can you think of a time when you noticed a headline that actually didn't give the full story when you researched it a little more?*

List them below and give a reason why you thought the information or image might be incorrect.

Topic	Written/image	What I felt?

## DID YOU KNOW?

### Information is created to:

Tell us something (news)  
Entertain us (satire, cartoon strips, funny videos)  
Persuade us (advertising)

### Tip:

Look at the style, tone and source of the information to help you to judge how reliable or accurate it is.

### Think:

Think carefully about what the information is for. That means asking yourself some questions.

# INTERNET SAFETY- WHAT CAN I DO?

## *Consider your own biases*

Ask yourself whether the information challenges you or does it match your own views. We are more likely to believe information that supports our own views – even if it seems a bit dubious.

## *Did you know?*

Have you ever received a pop-up ad about something you had looked at recently on your phone/laptop/tablet ?

Formulas like algorithms can track what you read, see and hear online and generate recommendations for you based on your previous choices. So the information that you get can be highly personalised and not necessarily reflect broader views or opinions.

## *See if the information is being reported anywhere else*

If you can't find the same information elsewhere, it could be because it is inaccurate, unreliable or out of date. This is especially true if the information appears to very topical or newsworthy.

## *Activity*

Before you watch the video here: [www.youtube.com/watch?v=-4LtYMNI4yw](http://www.youtube.com/watch?v=-4LtYMNI4yw) complete this activity

What information would you expect the pizza delivery to have about you?

- 1.
- 2.
- 3.
- 4.

Identify 5 things that you didn't expect to happen during the phone conversation to order a pizza.

- 1.
- 2.
- 3.
- 4.
- 5.

# INTERNET SAFETY- ALWAYS CHECK

## *Look closely at the web address*

Sometimes disinformation is found on websites with a web address (URL) that looks very similar to a well-known news or media site. There might only be a small change in the spelling of the URL. If in doubt, go to the real site and compare the URLs.

If the information comes from a website that you are not familiar with, look for an “About” section to learn more about who is behind the website and why they might have this information.

## *Find out who the author, producer or publisher is*

Knowing who created the information will help you judge what their motivation is.

- Are they trying to sell something, a product, an idea or something else? If so, why?
- Is the author or publisher a supporter of a particular political idea or figure?
- Is the author an online “influencer” like some Youtubers?
- Are they likely to be paid to say this?

## *Look at the detail to check for accuracy*

- Do any dates mentioned make sense?
- Are there references to unnamed experts?
- Are the links to the author’s sources clearly visible?
- Information that comes from reliable and trustworthy sources is usually well written.
- So, watch out for typos and strange sounding sentences

## *Ask the experts*

Get a second opinion. There are many free fact-checking services available. Irish fact-checking sources include theJournal.ie and Factcheckni.org.

For a list of other fact-checking sites across the world go to the fact-checking database created by Duke University’s Reporter’s Lab. ( Source : <https://www.bemediasmart.ie/help> )

# INTERNET SAFETY- AGREE/DISAGREE

*What do you think of the following statements?*

Agree/Disagree and why you feel this way:

Most posts on Instagram aren't really true people just post what they think will get them likes.

Building relationships with people face to face is much easier than online, as you can build stronger and healthier relationships.

If you are having a bad day social media can make it feel worse, as you scroll through and see how great everyone else's life seems to be.

Social media isn't really about connecting with people but just showing off who you want people to think you are.

*Now that you may have some more information about internet safety and using the internet, create an information flyer/video for other students in your school to help them understand the importance of internet safety*

# INTERNET SAFETY- MY REFLECTION

What did I find most interesting?

Two pieces of new information

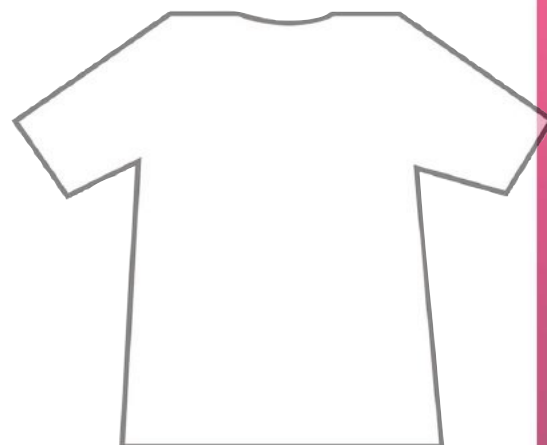
A piece of information I think my friend might find useful

# BEING CREATIVE

There are many different ways we can be creative and using textiles is one way. Often, when we are making something for ourselves or as a gift for others, we feel gratitude for having those people in our lives. In this section we will look at some ways that you can create simple textile pieces that you can use to decorate a room/give as a present or for someone to wear.

## Tie Dying

Tie Dying is a way of making an old piece of white fabric or tee shirt into something new and vibrant. Sketch your idea on the t-shirt opposite.



### Materials needed:

- 100% cotton tee shirt or plain white fabric
- Fabric dyes
- Elastic bands
- Rubber gloves
- Basin/bucket

*Step by Step guide - Remember this can be messy!*

**Step 1:** Prepare your fabric and protect yourself (apron /gloves) and your work area.

**Step 2:** Set up all your materials.

**Step 3:** Decide on the design for your tee shirt and use rubber bands to tie your tee shirt in bunches or if you want a large bull's eye pattern place it in a circle.



**Step 4:** Immerse the fabric in the dye (the quantity of dye will depend on the amount of fabric used).

**Step 5:** Once you have added the dye to your tee shirt, place it in a Ziploc bag over night as this allows the dye to attach to the fabric.

**Step 6:** In the morning then remove the elastic bands and wash your new vibrant tee shirt.

There are many different things you can tie dye in your wardrobe and your home just remember the fabric must be natural e.g., cotton, linen etc otherwise the dye will run off the garment when washed.

*Have fun being creative with tie dying!*



# BEING CREATIVE

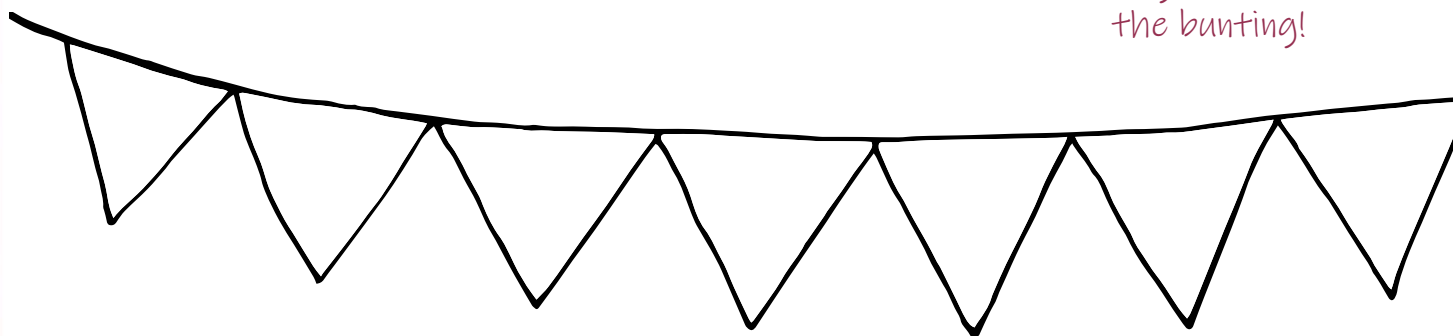
## Making Buntings

Buntings can be a really easy way to decorate your bedroom or study area or prepare for a special occasion. Buntings can be made using paper or colourful fabric.

### Materials needed:

- Some fabric (fat squares are ideal)
- Triangle pattern
- Fabric pins
- Bias binding
- Pinking shears
- Fabric glue (if you don't have a sewing machine)

*Sketch out your design ideas on the bunting!*



### Step by Step guide

**Step 1:** Iron your fabric and place your triangle pattern on fabric.

**Step 2:** Using your pinking shears cut out the triangles.

**Step 3:** Cut out as many as you want to create the bunting.

**Step 4:** Place the wide part of the bunting on the bias binding and fold top part of binding down and pin.

**Step 5:** If you have a sewing machine stitch the triangles into place and iron.

**Step 6:** If you are using fabric glue, open the bias binding out glue each triangle to one side of the bias binding and then fold the top layer down and glue that as well.

If you are confident cutting and sewing, you can also cut out letters or use felt for the letters and glue onto the triangles. This can be a lovely surprise for someone special.

*Have fun creating these fabulous ideas.*