

Family Connect

Going Cross-Curricular in the Kitchen (and Pantry)!



A great way to tie what's in your kitchen cupboards to maths, science, literacy and geography!

There are four challenges here: one for children aged 4 – 6, one for those aged 6 – 8, one for those 9 and over – and one for the whole family. We'd suggest that your children tackle the age-appropriate challenge as independently as possible – before all settling down together for the Family Challenge.

Your children can write their responses on anything – but if it helps, there are printable worksheets at the end of this document. In fact, you can type directly onto these on your device, too, if you want to cut down on printing!



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Ages 4 - 6

Getting Started

Ask your child/children to select five foodstuffs from your kitchen (ones that you actually have in stock, not a wish list!). Put them on the table.

Challenge 1: Literacy

Explain that the challenge is to arrange the foodstuffs in alphabetical order – and to write the list down.

Note: we'd love to see the outcomes – so why not tweet them, using @AsCreatives and #FamilyConnect

Challenge 2: Maths

Explain that the challenge is to arrange the foodstuffs in order of weight (or, if you want to be really technical, mass!) – and to write the list down. If it helps, a litre of water weighs a kilogramme.

Challenge 3: Science

Explain that the challenge is to sort the foodstuffs into three different groups: those that need to be cooked before being eaten, those that are best eaten uncooked, and those that can be eaten either cooked or uncooked – and to write their responses down.

Note: this challenge provides a great springboard to explore "balanced diets"!

Challenge 4: Geography

Which of the foodstuffs do you think originate in the UK – and which from other countries (images and words on the packaging might help)? Tell your child/children to record their responses.



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Ages 6 - 8

Getting Started

Ask your child/children to select five foodstuffs from your kitchen (ones that you actually have in stock, not a wish list!). Put them on the table.

Challenge 1: Literacy

Explain that the challenge is to arrange the foodstuffs in order according to the number of vowels their names contain – and to write the list down.

Challenge 2: Maths

Explain that the challenge is to arrange the foodstuffs in order of price (so a bit of educated guesswork might be involved!) – and to write the list down. Use an internet search engine to see how accurate (or not!) the answers are.

Challenge 3: Science

Explain that the challenge is to sort the foodstuffs into three different groups: those that are mainly carbohydrate, those that are mainly protein, and those that are mainly fat – and to write their responses down.

Challenge 4: Geography

Take one of the foodstuffs – and identify its initial letter. How many countries can your child/children think of that begin with that letter? Tell your child/children to record their responses – then repeat for the other four foodstuffs.

Note: this challenge offers a brilliant opportunity to explore the differences between continents, countries and cities!



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Ages 9
and over

Getting Started

Ask your child/children to select five foodstuffs from your kitchen (ones that you actually have in stock, not a wish list!). Tell your child/children to put them somewhere where you will not be able to see them..

Challenge 1: Literacy

Explain that in the Food Code...

TEA = 20/5/1 ...

BREAD = 2/18/5/1/4 ...

and CARROT = 3/1/18/18/15/20*

Tell your child/children that the first challenge is to work out how the code works – it might help them to use the grid on the printable sheet and insert any numbers they they know – then try to spot the pattern**.

The second challenge is to write the names of their chosen foodstuffs in the code – then see if you can translate them to identify what they are.

*if they've actually chosen one of these, you might like to use COFFEE = 3/15/6/6/5/5 instead!

**it's a simple alphanumeric code, where A = 1, B = 2, C = 3 and so on ... until Z = 26!

Note: this challenge is a great way to explore the links between literacy and maths. As codebreaking is a process of identifying and analysing patterns, it's mathematical as well as linguistic!



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Ages 9
and over

Challenge 2: Maths

Explain that the first part of the challenge is to conduct a piece of research to discover the price of each foodstuff. Armed with this information, your child/children should, writing their answers down ...

1. work out (without using a calculator) the total cost of all five foodstuffs ...
2. determine how much change they would get from £20.00 (or, if they've selected particularly expensive items, how much more they would need to buy all five!) ...
3. the minimum number of coins they would need to buy all five items (and the value of the coins) ...
4. the total cost of buying nine of each item ...
5. the total cost of buying twenty three of each item (they'll need to decide on a strategy for this one!).

Challenge 3: Science

Explain that the challenge is to sort the foodstuffs into three different groups: those that are a good source of Vitamin A, those that are a good source of Vitamin C, and those that don't fall into either of these categories – and to write their responses down.

Note: this might entail some research – but you might explain that red foods are often a good source of Vitamin A. The challenge provides a great way into exploring the sources and benefits of different vitamins.

Challenge 4: Geography

Take one of the foodstuffs – and identify its initial letter. How many cities can your child/children think of that begin with that letter? Tell your child/children to record their responses – then repeat for the other four foodstuffs.

Note: this challenge offers a brilliant opportunity to explore the differences between continents, countries and cities!



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Family Challenge

Getting Started

Ask one member of the family to select a foodstuff from your kitchen (something that you actually have in stock, not something from a wish list!). Place it on the table. Ask another family member to select a second foodstuff – and place it on the table. Repeat until between you have selected five items (individual family members can have more than one go each) – or more than five, if there are a few of you!

Science (1)

Discuss the science of food – and the three main food groups of carbohydrates, proteins and fats. Are all three covered by your selection? If not, choose more foodstuffs to make up the balance.

Design Technology (1)

You are going to use all of the ingredients to make a one, two or (if you're feeling brave!) three courses. Agree what you are going to make – and how you're going to do it.

Geography and Maths

Where did each of the foodstuffs originate? Using real or virtual maps, calculate how many miles each has travelled to get to your house.

Literacy (1)

Agree who is going to tackle the first two literacy challenges – and set them to work ...

- Challenge 1 – Writing for Information: create the recipe for the meal, including ingredients, utensils and method.
- Challenge 2 – Persuasive Writing: use words and images to create a poster advertising the meal (you'll need to give each course a name!).



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Family Challenge

Art and Design

You want this to be a fine dining experience – so lay the table as attractively as possible.

Design Technology (2)

After agreeing who will do which jobs (and when), work as a team to make the meal! Before serving, you are allowed to use up to three items from your stores as garnish.

Science (2)

Eat the meal together (you'll probably only be having "taster" portions each, so don't necessarily bank on this being the main meal of the day!). Discuss how the food looks, and both the taste and texture of each component.

Literacy (2)

Once you've done the washing up, settle down to write your own reviews – and share them!

Note: we'd love to see how your family gets on with this – so why not tweet to let us know, using @AsCreatives and #FamilyConnect

