

# STEM from Home Pack 15

## Food!

Food plays a vital role in our day-to-day lives, whether it be baking and cooking as a hobby or eating a balanced diet to remain healthy. Many people also choose to grow their own fruits and vegetables in gardens and allotments. The UK food and drink industry is worth more than £28 billion and employs more than 400,000 people!

This week, children will code a digital recipe book with Trinket, research what makes a balanced diet, create symmetry art with sweets and build spaghetti and Jelly Baby towers!



### This Week's Technical Activity – Recipe!

#### Introduction

In this activity, children will learn about HTML lists and CSS colours. They will create their own recipe, adding ingredient and method lists.

[Access this activity.](#)

#### What you will need

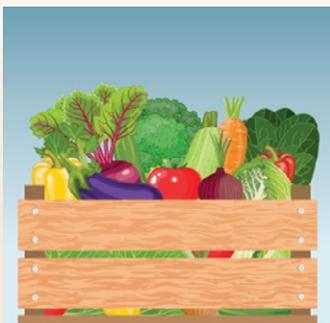
A computer capable of running [Trinket](#) to write HTML & CSS online.

#### What you will learn

In this activity, children will learn how to write HTML consolidating the use of nested tags & CSS for colours.



### This Week's Activity – A Balanced Diet!



A balanced diet is made up of foods from the five food groups: carbohydrates, fruit and vegetables, proteins, dairy and fats. Each of these groups provide the vitamins and minerals that our bodies need to function efficiently.

In this activity, you will learn what a balanced diet is, why it is important for your health and the foods that make up a balanced diet.

[Access this activity](#)

## This Week's Bonus Activity – Sweet Symmetry!

What happens when we mix colourful sweets with warm water?

You will need:

- Colourful Sweets
- 1 White Plate
- Warm Water
- 1 Cup/Mug

Which symmetrical patterns can you make? [Access this activity.](#)



## This Week's Practical Activity – Spaghetti and Jelly Baby

A favourite activity at our STEM Camps, your task is to build the tallest free-standing tower that you can using only spaghetti and Jelly Babies!

The Rules:

- Towers must be completely free-standing, resting on no tables, chairs or walls
- The only materials allowed are spaghetti and Jelly Babies (no tape!)
- Spaghetti and Jelly Babies can be broken into bits to be used
- You can use as any pieces of spaghetti and Jelly Babies as you have available

Our STEM Camp record tower is 104cm, good luck!



Ask your parent/Guardian to upload pictures of your STEM creations to [Twitter](#), [LinkedIn](#) or [Facebook](#) using [#STEMfromHome](#) and [#ExperienceCGI](#), remember to tag us!

For more information or additional support with STEM activities when working remotely, contact [enquiry.uk@cgi.com](mailto:enquiry.uk@cgi.com)