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Home Activities for 7-11 year olds

This activity has the benefit of covering maths, literacy and learning about food and nutrition. Also, children can enter their creations into the Kent and Medway Charity Team's Young Cooks Competition.

Although the competition is for 7 – 11 year olds, this is a perfect activity for families of young children to also get involved!

TASK ONE

1. Find a recipe or make one up or your own for a homemade lasagne – vegetarian lasagne is very tasty too!
2. Write out your recipe and what you did when you were making your tasty meal.
3. You should also list the cost of the ingredients – so if you buy three onions and only use one then you should divide the cost of the onions by three and include cost of one onion in your cost list (3 onion costs £1.50 divided by 3 = 50p)
4. Take a photo of your creation and enjoy!

TASK TWO

1. Find a recipe or make one up or your own for cupcakes of your choice – any flavour and don't forget the icing!
2. Write out your recipe and what you did when you were making your tasty meal!
3. You should also list the cost of the ingredients – this could be a bit trickier because you will only be using some of the ingredients you buy. So if you buy 1KG of flour but you only use 30g you need to work out how much 30g is – ask an adult to help you work this out!
4. Take a photo of your creation and enjoy!

If you want to enter your creations into the Young Cooks Competition visit <https://www.kmcharityteam.co.uk/schools/youngcooks/>



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STEM Activities for 11-16 year olds

Bright Sparks is an initiative that is designed to get children and young people excited and involved in STEM subjects.

We want to encourage children to think about innovation. For example:
Design a face mask that doesn't steam up your glasses?

Investigate how stuff works/happens. For example:
Why are exhaust fumes dangerous for the planet?

Invent and create solutions to problems:
Invent a system to generate clean energy that will power a school.

The idea of the programme is to get children and young people thinking and exploring things that are important to them and coming up with ideas of how to fix them.

They don't need to create prototypes – although that would be great – the most important part is the process of exploration.

This year we have two categories of entry:

The Home School Category – enter your experiment for a chance to win £50 or just do it for fun!

- Have fun and video you're experimenting to share with your friends!
- There are loads of really cool ideas online.



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- Think about the times you have asked the question “why or how does it do that” and think up your own experiment to discover the answer.
- Or invent something – you only need to draw your invention and tell us what it does and the problem it will solve.
- Maybe it’s one of your school’s lessons.
- Always make sure an adult helps – get them to take the video!

Some ideas include:

- [Storm in a glass](#)
- [Make home made play dough](#)
- [Surface Tension Art](#)
- [Create the Skittles rainbow](#)

But remember – always ask yourself “Why does it do that?”

To enter the Home School Category visit:

<https://www.kmcharityteam.co.uk/schools/brightspark/>

The School or Group Category

The school or group category is looking for groups of more than two who have worked together on any science project but we are particularly interested in:

- Projects exploring the environment and potential solutions.
- Projects that look at existing issues in health, wellbeing and safety and potential solutions.
- Innovations that make life easier for a defined community or group of people.

The projects need to identify the problem, explore the causes and pose potential solutions. Once again, the most important aspect of the process is the exploration. Solutions can be theoretical but must be based on research and investigation.

Even though we are once again locked down and schools are closed you can still work together virtually. It might be helpful to record your virtual sessions to be included in your final presentations (but please remember to ask permission of everyone involved).

To find out how you can enter your project into Bright Sparks 2021 and be in with the chance to win a top prize of £500 and exclusive access to some of our sponsors visit:

<https://www.kmcharityteam.co.uk/schools/brightspark/>

**Remember some of the simplest inventions have made the biggest impact
Where would we be without the wheel!**