

PLANETS



GEOGRAPHY / SCIENCE

Does Food Grow on Mars?

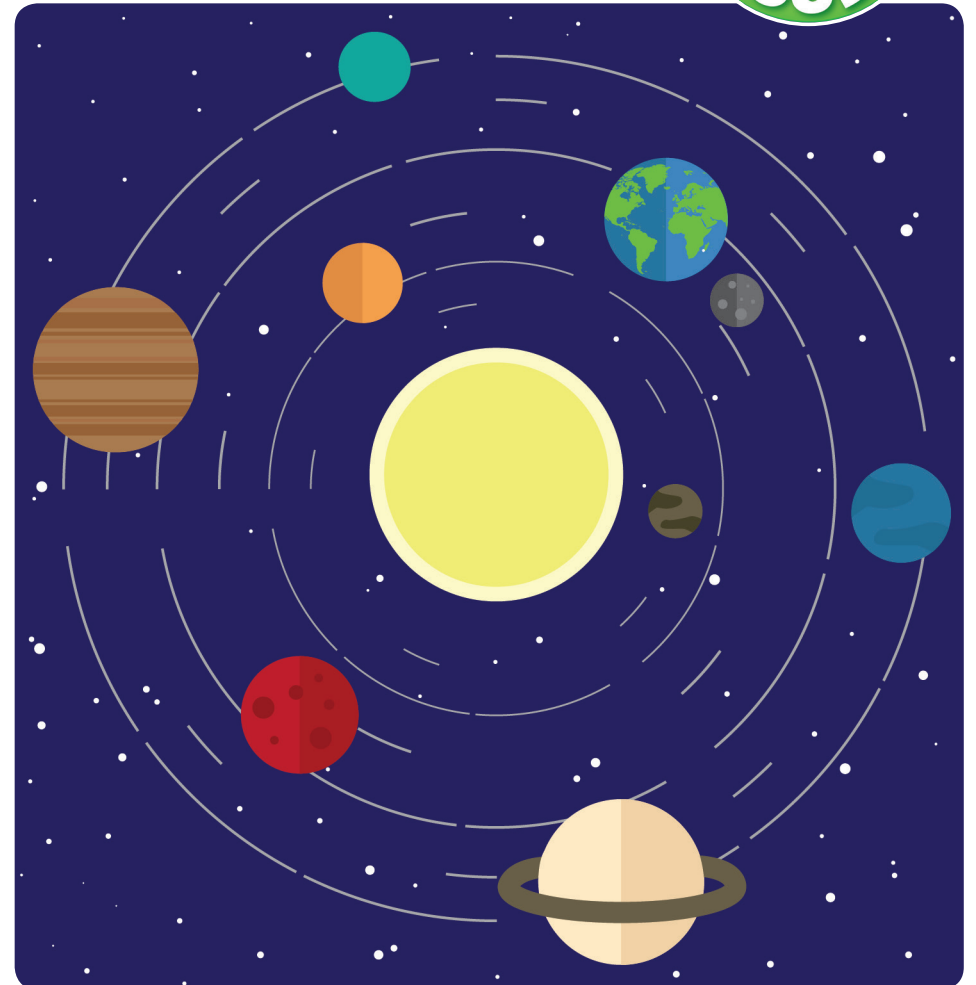
Find out what you can about whether plants can, or do, grow on the planet Mars. Think about what plants need in order to grow, what are those key factors for growth? Do you know if Mars has the necessary elements required for plant growth? How will you find out?

Experiment: Take some seeds and plant up four separate pots. The first one should be given everything that we know plants need to survive here on Earth. For the remaining three pots, eliminate one key element from each and monitor the comparative growth of each pot. **Record** your findings in any way you choose.

Investigate the living things that we have on our own planet Earth. Can you **classify** them into similar groups? What does **classification** mean?

Create a chart of living things you can identify in and around your school and classify them into groups. Explain why it is important that we can group things in this way.

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D & T

Alien Party

Design a meal for an alien family. Think about the types of food you think they would be familiar with. Think about how they would eat it if they don't have hands like us or mouths like us. You might find it useful to think about what your alien looks like first so you know how they can consume food!

LITERACY

Alien PenPal

Imagine you have an alien penpal, and they have written to you asking why there are so many unhealthy people on your planet. Reply to them, explaining why you think that so many people on our planet Earth do not look after their bodies; why they choose to eat too much sugar and drink too many fizzy drinks, and why many people don't exercise very much.

PHYSICAL ACTIVITY

Planets for Exercise

Spacehoppers are fantastic ways to exercise your body and have fun at the same time!

Have a game of Spacehopper Tig! The usual rules apply, with the additional rule that if you fall off your spacehopper, you are out and have to stay bouncing on the spot for a whole 60 seconds before you can re-join the game! (You could play 'The Planets' by Holst for atmosphere here if you like!)

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HEALTHY EATING

Planet Fish Cakes

Ingredients (serves 4):

- 250g canned pink salmon
- 400g potatoes – mashed and cooled
- 100g tomato – deseeded and chopped
- 2 tablespoons fresh dill – chopped
- 2 tablespoons natural yogurt
- Black pepper- to taste
- 50g cheddar cheese – grated
- 150g breadcrumbs



Equipment:

Can opener, chopping board, sharp knife, saucepan with lid, masher, grater, tablespoon, greaseproof paper, small bowl, fork, pastry brush.

Method:

1. Heat the oven to 200oC/gas mark 6.
2. Put the salmon, potato, tomato, dill, yogurt and seasoning into a mixing bowl.
3. Combine the ingredients thoroughly with a fork.
4. Divide the mixture into 8 even sized pieces and shape each piece into a 'planet'.
5. Mix the breadcrumbs and grated cheese and place them on the greaseproof paper.
6. Beat the egg in a small bowl and brush each planet (in turn) with egg.
7. Place it in the breadcrumb and cheese mixture. Pick up two opposite corners of the greaseproof paper and gently tip the mixture over the planet to coat it evenly.
8. Place the planet fish cakes on a baking tray and bake them for fifteen minutes until crisp on the outside and piping hot inside.