

# RIVERS

## GEOGRAPHY

### Transport for Food

Before planes were invented, or cars or lorries were used, rivers were used to transport food on boats.

Fruits and vegetable would arrive from the Caribbean along the River Thames in large boats. **Challenge:** Find out what fruits and vegetables are commonly brought in from the Caribbean, and from other countries too...

As the demand for food has grown, with the rise in global population, the boats got bigger and some couldn't fit along the rivers so they now dock in Ports, where the food is loaded into trucks.

Today, rivers are still used to transport food. **Have a look** at the boats that transport fruit up and down the Amazon River...

### Water – Irrigation for Growing Food

Water is vital for growing food. Irrigation is when water is taken from rivers and spread across the land to feed crops and help them grow. This is why it's difficult to grow lots of food in places like Africa, because the extreme heat means there is a lack of fresh water needed to help the crops grow.

**Experiment** with seeds: plant two different posts with cress seeds, or salad leaves. Water one but not the other and see what happens....

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## PSHE

### Fishing for Food

Rivers provide us with fish. Many people live close to or next to rivers so that they have a constant source of food. Fish is high in protein, which we need for building muscle, and Omega 3 in fish oils helps us maintain healthy skin, nails and hair. **Research** what fish you would find in The Amazon River, then research and compare that to what river fish you might find in a river in the UK.

## HISTORY

### Power for Food

In the olden days, mills were powered by water. The water turned huge water wheels, which rotated large millstones that ground down grain to make flour. Nowadays, Hydro Electric Power (HEP) creates huge amounts of power that turns rotor blades on a wind turbine, creating energy. **Challenge:** draw an old fashioned water mill.

## PHYSICAL ACTIVITY

### Rivers for Exercise

Rivers can be fun places to get exercise, as long as you are careful! We can swim in rivers, or row in boats, or kayaks, these are all good fun and good for our bodies too. **Challenge:** See if you can go swimming at least once this month! In the meantime you can balance on your tummy on a stool, and practice the different swimming strokes.

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## HEALTHY EATING

### Super Salmon Dip

#### Ingredients (serves 3):

- 100g low-fat soft cheese
- 100g canned salmon (in water)
- 1 lemon
- 150g (small pot) natural yoghurt (optional)
- Chopped vegetables of your choice for dipping.



#### Equipment:

Weighing scales, sieve, mixing bowl, chopping board, sharp knife, can opener, juice squeezer, serving dish, fork, spoon, measuring spoons.

#### Method:

1. Open the salmon and use the sieve to drain away the water.
2. Put the salmon into the mixing bowl and mash lightly with a fork.
3. Spoon the low fat soft cheese into the bowl.
4. Cut the lemon in half and squeeze the lemon juice from one half of the lemon. Add the juice to the mixing bowl.
5. Mix all the ingredients together thoroughly.
6. If you want to make the dip a bit softer, add 1 or 2 x10ml spoons of yoghurt.
7. Transfer the dip into a serving bowl and serve with your favourite chopped raw vegetables.

#### Why not try:

A low-fat soft cheese with garlic and herbs or chop up some parsley or dill and add it to the plain cheese.