Hi everyone,

I hope you are all well and managing to find ways to pass your time during this time.

In light of the news that we will not be returning to school next week, here is some new work for you to complete. It doesn’t matter in which order you do the work.

When it is finished, please email it to me at [katie.nimhaolain@gmail.com](mailto:katie.nimhaolain@gmail.com) using the class email address (not your personal email please):

[sttherese20192020@gmail.com](mailto:sttherese20192020@gmail.com)

Password: sttherese1920

If you don’t have access to a computer to do your work, you can hand-write it, take a photo and email that instead.

Please remember to put your name on all work you send in! Everyone will be sending it from the same email address so if you don’t include your name, I won’t know it’s you!

If Gmail asks you to enter a phone number, **don’t**! This is a school account and should not contain any of your personal information.

Good luck! If you need any help, feel free to email me.

Stay safe and healthy, everyone. Hopefully I will see you all soon.

Miss Ní Mhaoláin



**Task 1: Lovely Lockdown Lunches!**

*This work can be saved as one Word document, or*

*three separate ones – it’s up to you!*

As we are all making the effort to stay inside as much as we can, people are turning to foods with a longer shelf life. This means the food doesn’t go off quickly.

The benefit of these kinds of food is that people don’t need to take as many trips to the shop. Another word is **non-perishable**.

Non-perishable foods include tinned foods like beans, chickpeas and tomatoes; and dried foods like pasta and rice.

**Step one** of this task is to name 5 more non-perishable foods. Remember to check your own food press for ideas!

**Step two** is to look online for some yummy recipes that we can make using mostly non-perishable foods. Then, create a recipe book!

Your recipe book should have at least 5 recipes.

Choose some nice pictures for your recipes and remember to use a font that is easy to read and looks nice.

Remember the layout of a recipe:

|  |
| --- |
| Title  Ingredients  Equipment  Method  1.  2.  3….. |

For an example, check the next page. Feel free to copy the layout of the example.

**Step three** is to choose one of the recipes and do a virtual shop!

Go to the website of one of the major supermarkets (for example Tesco) and find all of the items you need for your recipe.

The catch is – you only have €30 to spend, so choose your items wisely! Remember to check for shop-brand things (e.g. buy Tesco-brand milk rather than Avonmore) to save money. List the items, the brands you chose, and their prices.

Bean Chilli



(recipe from https://www.bbcgoodfood.com/user/299274/recipe/vegetarian-bean-chilli)

Ingredients

420g can kidney beans in chilli sauce

400g can chopped tomatoes

410g can haricot beans, drained

410g can adzuki beans, drained

1 Tbsp oil

1 onion, chopped

1 clove garlic, chopped

1 tsp chilli powder

1 tsp sugar

Pinch of salt

Sour cream and tortilla wraps to serve

Equipment

Saucepan

Mixing spoon

Method

1. In a large saucepan heat oil, add the onion and garlic and fry for five minutes until soft and golden.
2. Add chilli powder and fry for a further minute.
3. Add the kidney beans in chilli sauce, tomatoes, haricot beans, adzuki beans, salt and sugar, then stir thoroughly to combine.
4. Bring to the boil and then reduce to a simmer for 10 minutes. Stir occasionally.
5. Serve with sour cream and warmed tortilla wraps.

**Task 2: Wonderful Women and Magnificent Men**

*This task can be presented using Word or PowerPoint. Please pay attention to the layout of your project. Think about the font, picture size, and so on.*

Choose a famous person who has inspired you in some way. Maybe they are a sports star, a singer, or a scientist - the choice is yours! The person can be living or dead.

Then put together a project using the following headings as a guide:

|  |
| --- |
| Biography   * When and where they were born * Family * Education * Later life * When they died if they are no longer alive   Why they are famous  Examples of their work/awards  Why their work is/was important  Why they inspire you  Remember to include pictures. |

There is an example on the next page. Feel free to copy the layout of the example.

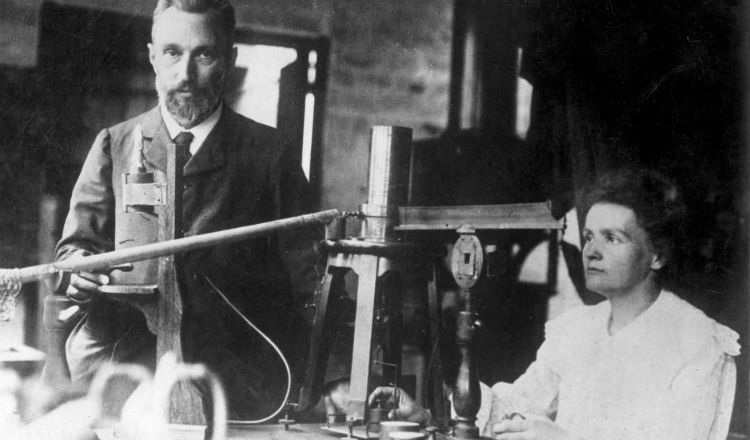
* Please write the information **in your own words**.
* Remember to use paragraphs in your writing. Each new topic gets its own paragraph.
* To move pictures around, right click on the picture, find “wrap text” and click “square.” This will allow you to move your pictures wherever you want on the page.

**Marie Curie**

  
1867-1934

Biography

Marie Curie was a Polish scientist. She was born in Warsaw in 1867. She was the youngest of five children. Her mother died when she was only ten.

Her father was a maths and physics teacher, and taught his children using equipment that he brought home from school. This inspired Marie’s love for maths and science.

In 1891, Marie moved to Paris. There, she studied physics, chemistry and maths. She began working as a scientist in college.

In 1895, Marie married Pierre Curie, who was also a scientist. Their love of science brought them together. They had two children.

Work as a scientist

Marie and Pierre worked together studying uranium, a radioactive material. Very little was known about radioactivity at the time – in fact, Marie made up the word!

Marie’s work earned her two Nobel Prizes. She was the first woman to win a Nobel Prize, and the first person to win two.

Death

As we now know, radioactive materials are very dangerous. Unfortunately, Marie and Pierre did not know this at the time. Marie died in 1934 of an illness caused by working with radioactive materials without protective equipment.

Legacy

Marie Curie’s important findings live on to this day. Many of the things we use today, like X-Rays and nuclear power, are possible because of the work of Marie Curie.

**Task 3: Incredible Interviews**

Conduct an interview with a family member. This can be a brother, sister, parent, aunt, uncle, cousin, grandparent….anyone! Just please remember social distancing and consider using Skype, Face Time or a phone call if the person does not live with you.

Before you begin, think of ten questions you want to ask and write/type them. Think of interesting questions that you don’t already know the answer to. Maybe you want to find out about their work, about their life when they were younger, about their favourite things, or something else.

As your family member speaks, keep notes of their answers in case you forget.

Finally, write or type what you learned from your family member. As well as that, please write a paragraph on what you thought of the activity. Did you enjoy it? What was the easiest part? What was the most difficult part? If you were to do it again, what would you do differently?