

Potato prints

This needs some paper, have a look about, it needs to be blank on one side but not necessarily white A4. If you have any, lining wallpaper is great.

Design a really simple shape to cut e.g a heart, an apple, a zig zag, a letter F..

Cut a bigish potato in half and dry one side. Use a felt pen to draw your design,

Ask an adult to cut away a bit of the potato that is not your design, so your design stands out. It's tricky to cut, ask an adult.

Dip in your paint and print.

No paint? Try blending up dock leaves or beetroot and adding enough water to make mush and putting it through a sieve. Mix the liquid into a tiny bit of flour to make it work better.

Waste reduction

This idea from zero waste Scotland, for reducing food waste, is a bread one. It's a bit like a foldover pizza.

Basically, you make some bread (mix up the flour, yeast, salt water oil), knead it, let it rise and knead it again. Now flatten it out and go look in the fridge.

Onions (fry them first), any left overs in fridge like bolognaise sauce or bacon and tomatoes, cheese. Add some herbs, pesto. Yours will be unique because it depends what needs used up in your fridge. Put them on the bread, fold in the corners, another rise and bake it. Yum.

<https://scotland.lovefoodhatewaste.com/recipe/pantofola-bread#main-content>

Eco schools webpage

Keep Scotland beautiful , who run the Green flag scheme, are updating their website.They have an eco at home section:

<https://www.keepsotlandbeautiful.org/sustainable-development-education/eco-schools/eco-schools-at-home/>

or search eco schools Scotland and then look down the side for Eco at home.

Ginger beer experiment

You need to find a ginger beer recipe (Delicious magazine has one online) Make it in plastic bottles. You need yeast - hope you can get this and ginger root.

Comparing your fizzy drink to a shop bought one: Buy a fizzy drink the same flavour as yours (but not a fermented one) and compare:

What different ingredients do the two drinks have?

What do they look like? For example, is one cloudier than the other, or a different colour?

How fizzy are they? How much carbon dioxide is given off?

What are the shelf-lives of the two drinks?

What additives are there in the bought drink? Why do you think they have been put in?

Cambusbarron PS Greenbeans Grid 1



These are suggested activities and ideas for anyone is school who wants to be green :)

School vegetable garden

The garden has been weeded and is ready for plants. If you still have your pot of seeds and they grew and you haven't put the plants in your own garden.....

Go and plant them in the school garden. Be sure to put a label in too, (do a great design for your label!) or someone will dig your plant up by mistake. Give it a water.

Remember to keep social distance rules and wash your hands.

Upcycling

Juice carton bird feeder.

Birds are very pretty to watch at this time of year. If you have got juice cartons in your fridge then you could design a bird feeder.

Your bird feeder needs to have a way to hang it up, a place to put the food, and a perch for the birds.

If you are painting your feeder, put some glue in the paint to make it stick to the outside. But you could glue on a decorative cover instead, like bits of material or twigs and moss. See what you have or look on line for great ideas.

Draw a plan first, gather all the things you need before you start, ask an adult to help with the cutting.

You could send in a photo of your feeder. 😊

Grow a tomato

You can grow a tomato from fresh seeds in a tomato. If you just scoop the seeds out and plant them, they will not grow. The plant has its own natural inhibitor to stop the seeds germinating.

Halve the tomato and scoop out the seeds (teaspoon works nicely), Soak the seeds in warm water for a couple of days. You can pick out the seeds or sieve off the pulp. Dry the seeds on kitchen towel. Plant them.

Toilet roll tubes are useful plant pots if you like.

Why do you think the seeds don't germinate without soaking? Can you think how they might get germinated in nature? Tomato plants grow naturally in Peru and Ecuador.

Old socks

If you are busy tidying and have found out you seem to have a few single socks or ones nobody wears anymore, then it's time to get creative with them.

There are loads of ideas on line, but a favourite is the draft excluder sock snake.

Cut the toe part off, all the way to the heel if that's where the holes are! Sew them together.

The easiest way to do this is to turn one inside out and slide it like a tube inside the other one, then sew around the cut end. A sewing machine is easiest though. Add another sock then do the same. The last sock keeps the toe and make some eyes and maybe a forky tongue.

Stuff the snake with more textiles chopped up or toy stuffing if you have some anyway.
Hssss.