

Thursday | Day Four

Intermediate Classes (2nd, 3rd and 4th Class)



Mathematics Activity

The following resource has been designed based on the Food Dudes Week, intermediate level, day 4 video. This resource links with the Mathematics curriculum for 2nd, 3rd and 4th class groups.

This activity is linked to the following **curricular areas**:

Mathematics > Weight

Mathematics > Addition

Mathematics > Subtraction

Mathematics > Multiplication (3rd & 4th Class)

Operations > Addition and Subtraction

Video Message:

Sustainability - I can be responsible and reduce my waste/impact on the environment.

Key Learning Outcomes:

Pupils should be enabled to:

- ✓ Estimate, compare, measure and record the weight of objects using appropriate metric units (kg, g) and select suitable instruments of measurement
- ✓ Solve and complete practical tasks and problems involving the addition and subtraction of units of weight (kg and g)
- ✓ Know and recall addition and subtraction facts.
- ✓ Solve word problems involving addition and subtraction

Teacher Guidelines

** Planning and preparation involved for this lesson

Help pupils to prepare a simple energy ball recipe in class. This may work well in small groups.

This version is nut-free and can be made gluten-free by using gluten-free oats.

What you'll need:



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine



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Mathematics Activity

What you'll need:

(Quantities for 15 small or 10 medium energy balls)

- ✓ 1 ripe banana
- ✓ 65g rolled or porridge oats
- ✓ 50g raisins
- ✓ 1 tbsp honey or maple syrup, to make it vegan-friendly
- ✓ 1 tsp cinnamon
- ✓ Small amount of water (if mix seems dry)
- ✓ Measuring scales
- ✓ Large Mixing Bowl
- ✓ A Tablespoon, a Teaspoon and a Fork
- ✓ Wooden Spoon or Spatula
- ✓ Baking tray
- ✓ Grease-proof paper



Mathematics Activity

Cooking Activity – No-Bake Banana Energy Balls

Energy balls are typically packed with healthy fats, fibre, and protein, making them an excellent on-the-go snack! This recipe is great for using up ripe bananas and it tastes yummy!

Prep: 10 minutes

Chill: 20 minutes, then overnight if needed

Makes: 15 small energy balls

Method:

1. The most important first step - wash your hands! You should always start with clean hands and a clean workbench.
2. Take a large empty bowl and break your ripe banana into 3 or 4 pieces, inside the bowl. Mash the banana with a fork until it is soft and gooey.
3. Measure out your honey or maple syrup and add it to the mashed banana. Stir it through to create a wet mix.
4. Measure out your oats, raisins, and cinnamon. Add each to the mixing bowl.
5. Mix well using a wooden spoon.
6. If the mixture seems a little dry, add some more honey/maple syrup and a small touch of water – not too much!
7. Place your mixture into the fridge for 20 minutes.
8. While you wait, clean down your workbench and any apparatus you've used. Lay out your baking tray and top it with a sheet of grease-proof paper.
9. Remove your mixture from the fridge. Take a piece of the mix and roll it between your palms to form a small ball about the size of a bouncy ball. Repeat to make 15 balls. Set the ball on your baking tray. Do this until all the mixture is used.
10. Your energy balls might be ready to eat straight away. If they still seem a little soft, cover them and chill in the fridge overnight to create a firmer texture.

Enjoy!



Mathematics Activity

Cooking Questions:

Rocco was super impressed by your cookery skills! He'd like you to help him prepare some more energy balls to help feed the Food Dudes.

If Rocco, Charlie, Tom and Razz eat two energy balls each, how many balls will the Food Dudes have eaten?

How many balls would the Food Dudes have left?

3rd & 4th Class Question:

If the Food Dudes wanted to make enough energy balls to have two each, once a week, for the next 3 weeks, how many balls would you need to make?

