



## INSTRUCTIONS

Your goal for National Science Week is to complete one task each day. When each task is completed, ask your teacher or parent to sign the check box.

When you have completed all activities, you can earn a certificate or sticker.

### MONDAY – DESIGN AN ECO-FRIENDLY SCHOOL SNACK OR LUNCHBOX

Draw or take a photo of one you've made.

You might want to consider using compostable or reusable packaging. Think of eating seasonal fruits and vegetables. Avoid very processed or pre-packaged foods and try and avoid food waste.

### TUESDAY – MAKE SOMETHING FROM SCRATCH

For convenience we often buy food products that have been processed. Try your hand at making a food product you might buy from scratch.

Eg. Make your own butter or ice-cream from

cream <https://www.dairy.edu.au/resources/video-resource/discover-how-other-dairy-products-are-made-chapter-14>

bread, biscuits

### WEDNESDAY – FOODS OF THE FUTURE

Create an artwork (2D or 3D) showcasing a new “crazy or super” fruit/veggie that’s been developed in a lab (highlight its nutritional and health benefits and taste too!)

### THURSDAY – ALPHABET LIST

Can you think of a food to match each letter of the alphabet

