

Reading

Read the newsletter.

Rainbow School newsletter

Science food fun

Do you know that there's a lot of science behind food and cooking? To make some yummy food and learn about science at the same time, try these fun activities!

You need:

- a used pizza box
- a cutter
- silver foil
- plastic wrap
- black paper
- glue & sticky tape
- a ruler or a chopstick

Cardboard solar oven

Instructions

- **F**irst, cut the black paper to fit the bottom of the pizza box and stick it inside.
- **T**hen, draw a large square on the lid of the box. Use the cutter to cut three sides of the square. This makes a flap. Fold the flap up.
- **N**ext, use glue to stick silver foil on the inside of the flap.



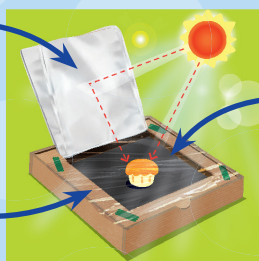
- **U**se sticky tape to stick plastic wrap over the hole you made in the lid.
- **F**inally, take your oven outside to a sunny place. Use a ruler or chopstick to hold the flap open. Put your food on the black paper and wait for it to cook.

Tips: Only heat up food that is already cooked (e.g. cheese on bread).

Don't try to cook raw meat or bake a cake!

How does it work?

- 1 The foil reflects sunlight into the box.
- 2 The sunlight passes through the plastic wrap and heats the air inside.



- 3 The black paper absorbs the heat. The heat cooks the food.



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Make yummy marshmallow treats in your solar oven!

You need:

some plain biscuits, a bar of chocolate, some marshmallows



Instructions

- **A**fter you break up the chocolate, put some pieces on a biscuit.
- **T**hen, put the marshmallows on top of the chocolate.
- **B**ake the yummy treat in your solar oven until the marshmallows and chocolate melt.
- **F**inally, put another biscuit on top to make a sandwich. Enjoy!



Homemade ice cream

You need:

- 2 small zipped plastic bags
- 1 big zipped plastic bag
- $\frac{1}{2}$ cup of milk
- 1 tablespoon of sugar
- $\frac{1}{2}$ teaspoon of vanilla
- a lot of ice
- $\frac{1}{2}$ cup of salt
- winter gloves

Instructions

- **F**irst, pour the milk into a small bag. Then, add the sugar and vanilla. Zip the bag up.
- **P**ut the bag inside another small bag. Then, close the second bag.
- **N**ext, put the bags inside the big bag. Close the big bag after adding the ice and salt.
- **P**ut on your gloves before you shake the bags for 15–20 minutes.
- **F**inally, take the ice cream out of the bags and enjoy!



How does it work?

Water normally freezes at 0°C . To make ice cream, we need a temperature below 0°C . Adding salt to ice will lower the temperature to below 0°C . This makes the milk mixture freeze and turn into ice cream.



Can you think of some food you can make with the solar oven?