

SCIENCE:
LEARNING AT HOME

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In the kitchen

- Involve your children in cooking. Ask them to read the recipe and describe each ingredient. Let your children smell and taste each ingredient before you use it. Use words such as: *cool, hot, cold* and *dissolve*.
- Make play dough. See our [how to make play dough activity worksheet](#).
- Put items in a dark plastic bag that your children cannot see through. Place different items in the bag. Get your children to take turns putting their hands in the bag and ask them to describe the different textures they feel such as: *smooth, furry* and *rough*.
- Make jelly. Show your children how jelly turns from solid crystals to a liquid and then again to a solid. Ask your children to predict what might happen to the jelly if it is left out of the fridge. Test this prediction.

Discuss how heat and cold affects food, for example heat changes corn kernels to popcorn, eggs can be boiled and scrambled, and liquid freezes.

The body

- Find out how much your children know about the human body. Start by drawing an outline of their body on a piece of paper. Work together to name the different parts of the body, for example the features of the face, brain, heart and bones, and stomach. Point out which parts are inside the body and which parts are outside.
- Talk about the function of each body part, for example: *Lungs help us breathe*. Talk about which body parts are soft and which are hard, for example: *The stomach is soft* and *The skull is hard*.

