Food Cupboard Recipe of the week: *Spicy Sausage Pasta*

**Ingredients:**
- 1 tbsp olive oil
- 8 pork sausages, cut into chunks
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 1 tsp chilli powder
- 400g can chopped tomatoes
- 300g short pasta

**Method**
1. Put a pan of water on to boil.
2. Heat olive oil in a large frying pan and fry sausage pieces until they are golden brown all over.
3. Now turn the heat down and add onion and garlic, cooking them until they have softened.
4. Stir in chilli powder and chopped tomatoes with the sausages, season, bring the sauce to the boil then simmer for about 10 minutes.
5. Cook pasta according pack instructions.
6. Drain the pasta, tip into the frying pan with the sausage sauce, dish up and eat with crusty bread.

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**PSHE – Mindfulness challenge. Texture Bag.**

Place several small, interestingly shaped or textured objects in a bag. Allow your children to reach in and touch an object, one at a time, and describe what they are touching. Make sure they don’t take the object out of the bag, forcing them to use only their sense of touch to explore the object.

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**PE – Let’s get active!**

Grab a football or balloon. Count how many keepy-ups you can do with your feet, hands and head.

For more great ideas on how to keep fit, visit: [https://www.nhs.uk/choose4life/activities](https://www.nhs.uk/choose4life/activities)

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**Geography – Following on from last week’s learning about a famous European landmark. You are now tasked to research how you would could travel from your home to your famous landmark. Use the internet to help you. How will you travel there? Road, rail, flight or a combination of all? Write down your travel itinerary. Ext for upper KS2 – can you work out the total cost of your journey?**

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**History – Staying with the theme of famous people in medicine, can you create a fact file about ‘Hippocrates’ the ancient Greek physician often known as the ‘father of western medicine’?**

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**Science –**

Learn about the human skeleton and how our muscles work by following these two clips below: –

[https://www.bbc.co.uk/bitesize/topics/z9339j6/articles/z9fdpbk](https://www.bbc.co.uk/bitesize/topics/z9339j6/articles/z9fdpbk)
[https://www.bbc.co.uk/bitesize/topics/z9339j6/articles/zp8xb82](https://www.bbc.co.uk/bitesize/topics/z9339j6/articles/zp8xb82)

Don’t forget to complete the quizzes at the end of each video.

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**Art and Design**

Ice cubes make brilliant building blocks for constructing icehouses, igloos and fairy gardens. Pour different colours of juices into an ice cube tray, or add berries, chopped herbs or small flowers to each section. Take photos of what you make and forward to your teacher.

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**W/B: 20.4.20**

Choose from this selection of activities to complete in the afternoons this week – you do not need to do them all. Some activities may take longer than others and do not need to be done in one afternoon. Take your time and enjoy working either on your own, with your brothers/sisters or with someone else in your household. If you can, take pictures of your efforts and send them to your teacher via your class email.