

## **Eat Drink Fly like an Athlete 25<sup>th</sup> June 2012**

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Discovering Our Countryside provides a clear, interesting and informative picture of the important role of agriculture and rural affairs in the lives of pupils from an early age, the films and commentaries have been developed specifically to enhance the work that you are doing in your own classrooms.

These are the scripts and associated teaching links and notes for the program of 25 June 2012.

### **Teaching links.**

Below are this program's specific links to:

- National Curriculum
- The 9 Eco School topics.
- National Government initiatives:
  - Healthy Schools
  - Sustainable Schools
  - Every Child Matters
  - Learning Outside the Classroom
- Thinking Skills.

*Note on National Curriculum links*

*The National Curriculum subjects and the units from the QCA schemes of work. (Rather than list each specific National Curriculum objective we have simply listed the QCA Units as these are already linked to the National Curriculum and are generally what schools reference when planning work.)*

These will allow you to easily link each program into your existing work.

The programs can also be used to promote interaction by children in pairs and groups, circle time or class discussion, encouraging learning through discussion and interaction

Discovering Our Countryside is a modular approach to rural affairs - we hope you and your pupils will look forward to each new episode as it paints the picture of the rural environment and it's seasonality.

Specific links for this weeks program sections:

## **Eat Drink Fly like an Athlete 25<sup>th</sup> June 2012**

### **Details of this program**

This program looks at eating and drinking like an athlete, how milk is great after exercise how your strawberries get their cream for Wimbledon . Plus how we keep bees for honey

- **The White Stuff -Great for athletes** – Shows milk being processed to produce cream for your Wimbledon Strawberries and then bottled as either Whole, Skimmed or semi-skimmed milk. Also explains why milk is an excellent drink for athletes or after any exercise
- **Keeping bees for honey** – Lester Quayle shows how he keeps bees for honey and explain about the different bees in a hive.
- **Eat like an Athlete** – Explain what athletes eat, how you may be already eating like an athlete or easily could be if you don't.

These sections can also be found on the relevant topic page, which over the weeks will build up the seasonality picture for each of the main themes: Crops / Arable; Livestock; Wildlife and the Countryside

### **NATIONAL CURRICULUM SUBJECTS LINKS.**

#### **Maths KS 1 + 2**

The distance the bees fly could be scaled up to compare it to humans this activity lends itself to various maths activities the level and support needed will depend on the pupils and is best set by you as their teacher.

#### **Citizenship KS 1 + 2**

E.g. Shows how farmers look after animals.

#### *Relevant QCA Schemes of Work*

Unit 3 Animals and Us

#### **Design and Technology KS 1 + 2**

Looks how farmers use modern technology to grow crops and provide fresh 5-a-day produce

#### *Relevant QCA Schemes of Work*

Unit 1c Eat More Fruit and Vegetables

#### **Science KS 1 + 2**

The videos have lots of science links to the units listed below for example:

Shows the start of plants life cycles and what parts of a plant we use and harvest.

Looks at how we can help bees so important to many of the plant food crops we rely on

Some of machinery could be used to discuss pushes and pulls.

#### *Relevant QCA Schemes of Work*

Unit 1B. Growing plants.

Unit 1E Pushes and Pulls.

Unit 2A Health and Grow.

Unit 2B Plants and Animals.

Unit 3B. Helping plants grow well.

Unit 4B Habitats.

Unit 5B. Life cycles.

Unit 6A Interdependence and adaptation.

These are just the links we thought of – please let us know if you make any more!

### **ECO SCHOOL TOPIC LINKS**

With apologies if we are ‘teaching grandma to suck eggs’ here are some of our thoughts on how our videos link to the Eco School Topics

Showing pupils just which of their food products are grown in this country will give them important background knowledge when discussing transport, energy and global perspective of food production and the healthy living choices they make when they go to the shops.

- Energy
  - Growing food and the associated energy costs of buying home grown food or imported food
- Water
  - Use of water to grow plants
- Biodiversity
  - How growing studying local habitats and where pest are found can help local biodiversity
- School grounds
  - How the simple act of hunting for mini-beasts can help build up a picture of the school grounds in preparation for the design and creation of new features in your school grounds
- Healthy living
  - How growing your own produce can promote healthy living by promoting a healthy diet and also promoting exercise in the act of growing that produce. The improvement of school ground can also aid mental well being.
- Transport
  - Reduce transport costs of food by growing your own local produce.
- Litter
  - When carrying out gardening tasks introduce children to tidy habits – pick up all packaging and dispose of ‘thoughtfully’ – see waste
  - When outside be it school, garden or countryside “Take only photos Leave only footprints!”
- Waste
  - Explain that gardening and farming is and always has been synonymous with recycling. Re-use seed trays, compost is made from last years ‘recycled’ plants. Think twice about where to put litter – bin or recycle?
- Global citizenship
  - Explain how even the little things we do – where how food comes from, how much we recycle, our biodiversity, can affect the whole world be it good or bad!

**TEACHERS NOTES:****EAT DRINK FLY LIKE AN ATHLETE 25<sup>TH</sup> JUNE 2012 - SCRIPT****INTRO**

*Eat, Drink, Fly like an Athlete!*

**MILK AND CREAM GREAT FOR ATHLETES AND WIMBELDON**

*The White Stuff...*

*6 million of these are sold in the UK each day – some is drunk by you....*

*That's enough milk to fill 41 swimming pools....*

*Do you know how Milk is produced and gets into these cartons?*

*Psst Did you know my milk is great for athletes too?*

*We saw how cows are milked in an earlier program - today we are going to see the milk processed into cream and bottle to drink.*

*The liquid milk must first be heated to kill any bugs - this is called pasteurised.*

*To extract the cream from the milk it is spun at high speed, in this machine a bit like a washing machine.*

*James is using his skill to get the cream just the right thickness to make: single, double or whipping cream.*

*Once he is happy then he puts it into pots,*

*seals it*

*Add use by date*

*then it is ready for you to enjoy on your strawberries.*

*The milk which has had the cream extracted then goes to make skimmed or semi-skimmed milk*

*Full Fat Milk is made from milk which has had no cream removed*

*Here's the milk being pumped into cartons*

*Lids put on*

*The lids are colour coded depending on if the milk is: whole milk, semi-skimmed or skimmed milk*

*Can you work out which is which?*

*Labelled*

*Ready to drink*

*So why is milk good for athletes or after any exercise.*

*Exercising causes the body to lose not only fluids but also vitamins and minerals*

*So after exercise you need to drink to replace not only these fluids but the vitamins and minerals too.*

*Here is Mr Birdass to tell us just why milk is so good at doing this*

*There are lots of artificial drinks which claim to replace the liquid as well as the vitamins and minerals - but why not try a completely natural one - MILK the WHITE STUFF.*

*Give milk a try the next time you exercise - see how refreshed you feel after a glass of the white stuff.*

### **TEACHERS NOTES:**

*<http://www.livestrong.com/article/104432-drinks-rehydrating-body-after-workout/>*

*<http://www.bodyrecomposition.com/research-review/milk-as-an-effective-post-exercise-rehydration-drink.html>*

### **KEEPING BEES**

*We saw how bees are important for pollination*

*So we keep bees to make sure plants are pollinated*

*We also keep bees for another reason - their honey*

*Here's Lester Quayle a bee keeper to explain all about keeping bees.*

*Each hive or colony of bees consists of*

*1 queen bee*

*a few drones - the male bees*

*thousands of female worker bees (these cannot breed)*

*the workers collect all the pollen and look after the queen and hive*

### **EAT LIKE AN ATHLETE IT'S EASY**

*Do you want to eat like an athlete?*

*Well you maybe already do!*

*If you grow your own fresh food then you already eat what athletes eat.*

*If not then perhaps you could start by visiting a farm*

*Like these school children growing their own crops at Stockbridge Technology Centre farm*

*or these children growing in school by taking part in the Great Yorkshire Show Gardening competition.*

*In fact athletes simply eat a healthy balanced diet*

*This can include some of the things you like such as crisps or cakes but should also include: fruit, veg, dairy products meat etc*

*So here's some plants which are easy to grow and you could plant to eat like athletes.*

*Lettuce - we saw pupils at Stockbridge plant out some lettuce plants - but these were simply planted as seeds. You could do this - even in a pot if you don't have a garden.*

*Do it now and by the Olympics you could be enjoying your own lettuce like the Stockbridge pupils.*

*You could also plant beetroot whose juice is great for athletes*

*Here's the Stockbridge pupils planting their beetroot*

*Farmers have been planting beetroot too - they plant it in beds similar to potatoes....*

*In fact growing your own food benefits you in 2 ways - you get some exercise and also grow lovely healthy fresh food*

**TEACHERS NOTES:**

<http://www.dailymail.co.uk/health/article-2010276/Beetroot-juice-athletes-game-boosting-stamina.html>

<http://www.livestrong.com/article/475637-beet-juice-athletes/>