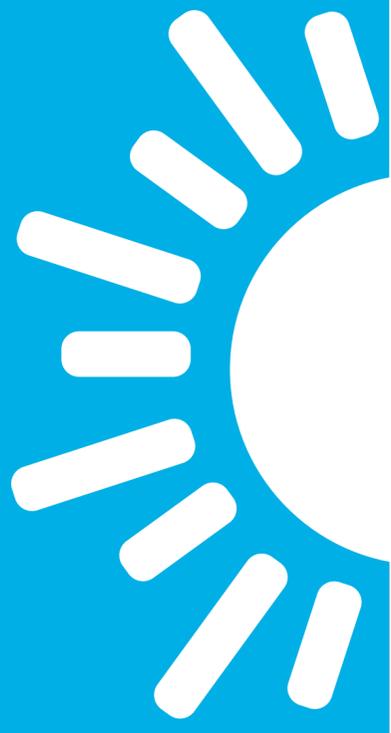


English in Summer



Learn English and life-skills with your children this Summer by eating outdoors and doing a mini nature trail!



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Planning the menu



What to do



What you need



Life Skills



Planning the menu

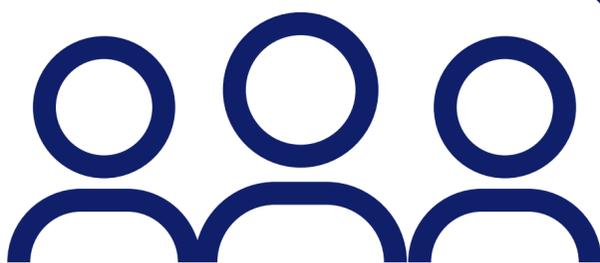
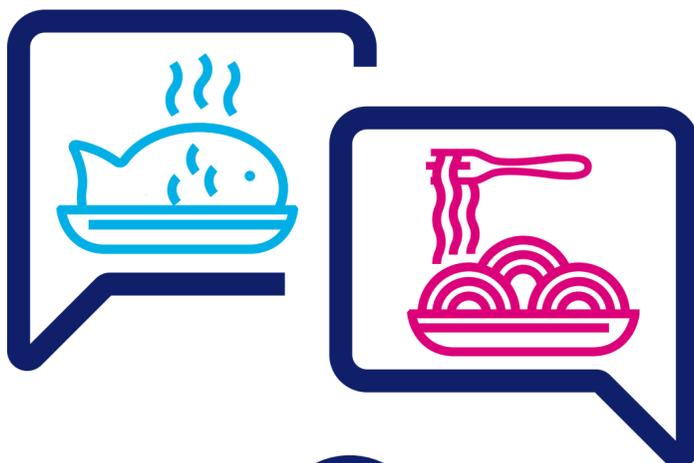


What to do

Plan a menu for your outdoor meal with your family.

Enjoy this activity with your family to get creative with food and practise English. Spend time looking at cookbooks or menus, think about the food you would like to prepare and talk about the ingredients you need for each dish.

+ info 



Planning the menu



What you need

- Your thinking caps!
- A pen and paper to write or draw the dishes and ingredients.
- Coloured pens to decorate your menu.



Planning the menu



Life Skills



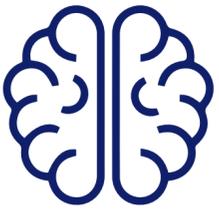
Collaborating



Asking questions
and making decisions



Social skills



Creativity



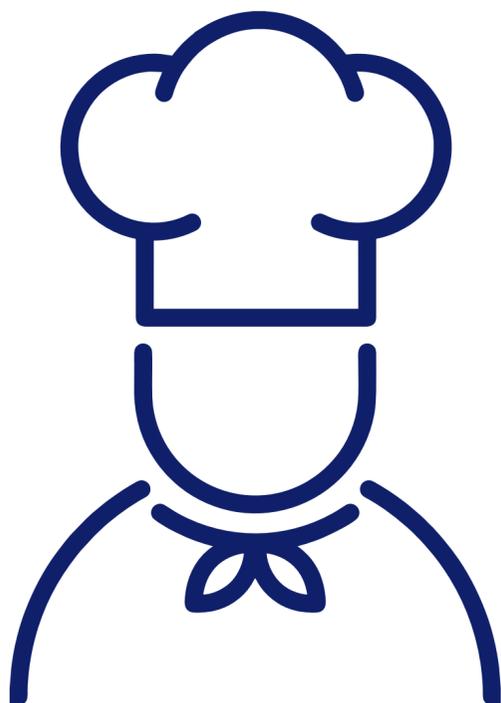
Planning the menu



What to do

As a family or group plan the menu together in English. Talk about what you will eat for starter, main and dessert and draw or list the names of the dishes and the ingredients in English.

You can ask your child to design an attractive paper menu or poster. Think about choosing to cook or prepare summer food you haven't tried before.



Planning the menu



What to do

What about Falafels or making your own guacamole? Or preparing some home-made ice lollies? If you have herbs or vegetables, you have grown in pots or urban vegetable patch, make sure you use those!

With older children, you can turn your menu planning into a competition where each person plans and prepares their own dish out of just 4 ingredients.

Another idea is to choose three colours and base your dishes around those colours, for example: Red -tomato salad, Green: Guacamole and nachos, Orange -fresh orange juice ice lollies.



Let's cook!



What to do



What you need



Life Skills



Let's cook!



What to do

Prepare or cook your meal together.

Prepare the food for the picnic using your menu. Enjoy food preparation and talk about what you are doing and the ingredients you are using in English. You can play some games whilst you cook to help practise food vocabulary.

+ info 



Let's cook!



What you need

- Ingredients for your picnic or meal.
- Blindfold (scarf).
- Small pots or plates.



Let's cook!



Life Skills



Creativity



Collaboration and teamwork



Communication



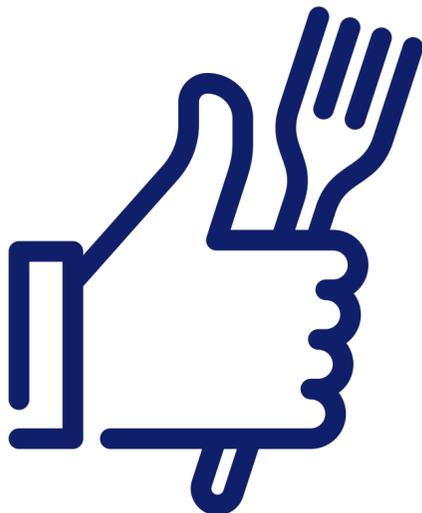
Let's cook!



What to do

Make the outdoor meal together at home first and spend time in your kitchen cooking and talking about your dishes in English.

Talk about colours, textures, taste and smell of the food. Group ingredients into colours or order them from small to large. If you have older children, you can count the ingredients and practise saying 'some' and 'any' and other quantifiers, for example 'Have you got any pasta?' 'Yes I have lot's here', 'No I don't have any'.



Let's cook!



What to do

Before the preparation you can do the 'blindfold guessing game': Put 5 or 6 ingredients into small bowls or on plates.

Blindfold your child with a scarf and let them smell each ingredient and try to guess what it is -if the ingredient doesn't need cooking, you can get them to smell and taste. Let them ask questions about the food if it's hard to guess (in English!)



A picnic day



What to do



What you need



Life Skills



A picnic day



What to do

Head to the outdoors with your picnic and enjoy eating your menu together as you play games in English.

The best way to enjoy food is outdoors. Find a nice spot in the shade in the park or in the countryside and enjoy your picnic whilst you talk about the food in English and play some games.

+ info 



A picnic day



What you need

- Food you have prepared.



A picnic day



Life Skills



Collaboration and teamwork



Communication



Creativity



A picnic day



What to do

Once all the food is ready, pack up and go to the garden/park/countryside and enjoy eating together.

If you have made different dishes each in step 1 you can run a family Master Chef session where you rate the dish on: presentation, taste, originality. With younger children try and remember/guess the ingredients of the dish in English.



Nature challenge



What to do



What you need



Life Skills



Nature challenge

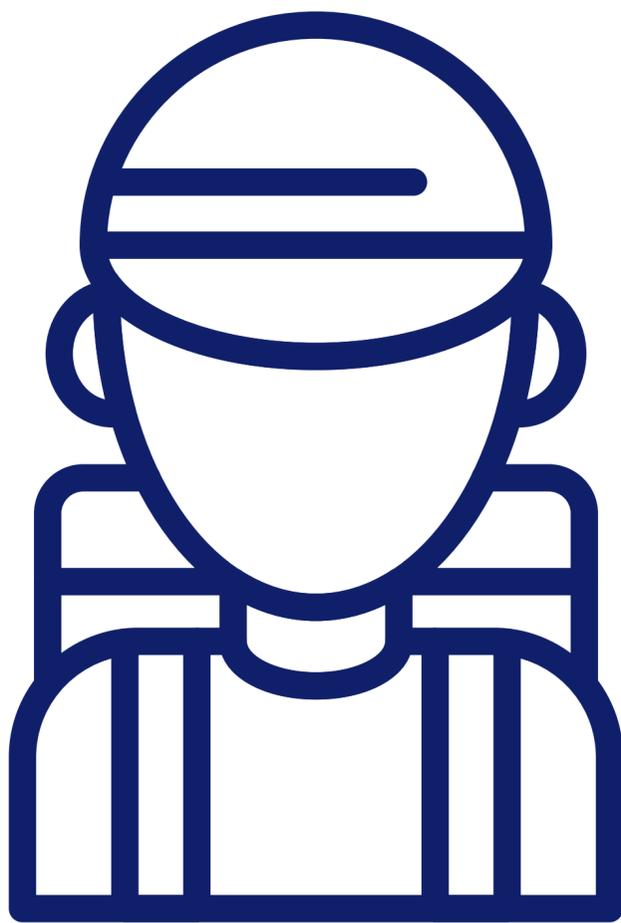


What to do

Do a mini nature trail and collect things for a nature collage or home museum.

Enjoy discovering the natural world around you with your children by giving them a challenge in English.

+ info 



Nature challenge



What you need

- The natural space around you
- List of natural items to find for the nature trail challenge/collection
- Large bag or box to collect things in
- Cards for museum exhibit descriptions



Nature challenge



Life Skills



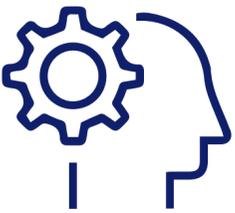
Collaboration and teamwork



Communication



Creativity



Critical Thinking



Nature challenge



What to do

After eating and relaxing together, get at one with nature and together do a simple nature challenge. The challenge is finding things in different categories, for example: something green, something light, something small and heavy, something brown, 4 different types of leaf, something long, something soft and something fragile.

You can make up your own categories and make them as easy or difficult as you like for your child. Go around the garden/park/countryside collecting and talking about what you find in English.

When you get home, you can make a collage out of the things you have found by



Nature challenge



What to do

gluing them to a design you draw on card or lay them out like a museum exhibit for others to visit. Older children can write short descriptions of the objects on cards and place next to the objects in the home museum and give you a guided tour.

You can also play a game 'feely bag' by putting all the objects in a bag and ask your child to put their hand in the bag, touch one object and guess what it is, saying the objects in English.

