

## Fat facts

In this activity, you will be debating the facts about fat. Is eating fat good for you or not? Is it an important part of our diet?

Divide your Patrol into two groups. One group will argue the case for the benefits of eating fat as part of a balanced diet. The other group will explain the problems of eating too much fat. Use sources such as magazines, newspapers, Internet articles and healthy eating leaflets for research.

Present your findings to your unit in one of the following ways:

- Poster
- Flyer or leaflet
- Newspaper article
- Short play
- Using an idea of your own!

### Take care!

Always follow Internet safety guidelines.



### You will need

- Articles from magazines, newspapers and the Internet
- Healthy eating information (such as leaflets found at supermarkets, libraries or doctors' surgeries)

### Take it further

Match the chocolate samples to the rock descriptions:

Milky way	Iron meteorite
Solid milk chocolate	Igneous rock that cooled slowly as magma
Bubbly milk chocolate	Meteorite with a fusion crust
Chocolate brownies	Igneous rock from an explosive eruption

For the answers, see page 15.

## Geological tray bakes

- 1 Preheat the oven to 180°C/Gas Mark 4 and grease a baking tin.
- 2 Melt the chocolate and butter in a heatproof bowl over a saucepan of simmering water or in the microwave. Stir in the vanilla essence.
- 3 Whisk the eggs and sugar into the mixture and sieve in the flour. Fold in the flour gently, pour into the tin and bake for 20-30 minutes until the brownie mixture is cooked.
- 4 Leave it to cool on a wire rack and cut into squares, before sprinkling with icing sugar.

The texture of the brownies is like igneous rock that has cooled as magma. Find out what this means. Where is igneous rock found? Is your house built on igneous rock?

## Popcorn

Make some popcorn for your whole Patrol. Try making it on a stove using a saucepan and vegetable oil (make sure you keep the lid on until it has all popped!).

Did you know that people used to wear popcorn as jewellery? Columbus found the native people wearing popcorn when he landed in America in the 15th century. Try making your own necklace or bracelet in your Patrol. Thread a small needle with some cotton and thread the popcorn onto it – don't forget to tie a knot in the end! It's easier to do this with home-made popcorn rather than bought varieties.

### Take care!

Be careful using a stove.  
Be aware of any allergies that members of your Patrol may have.



### You will need

- Baking tin
- Heatproof bowl
- Saucepan
- Wooden spoon
- Whisk
- Sieve
- Oven gloves
- Wire cooling rack
- 175g butter
- 225g choc chips or chocolate broken into small pieces
- 1tsp vanilla essence
- 3 eggs
- 225g caster sugar
- 275g self-raising flour
- Some samples of different chocolate bars – Milky Way, solid milk chocolate, bubbly milk chocolate
- Descriptions of rock formations (look in an encyclopedia, books or on the Internet)
- Margarine for greasing tin

### You will need

- Popping corn
- Saucepan and lid
- Vegetable oil
- Needles
- Cotton



### Take it further

- Find out what makes popcorn pop.
- Try placing a popcorn kernel on damp kitchen roll or cotton wool to grow a baby plant. Wait a few days and see what happens.