

Monday 18th May 2020

Dear Parents,

It was lovely to speak to you all this week. I'm glad you have all received the work packs and are working your way through them. I was happy to hear there are lots of different exercises going on to keep everyone fit and healthy!

This week we are having a themed learning week. Elm class will be learning about America. We have added some different activities for the students to have fun with and learn some interesting fun facts along the way.

Please also have a look at the challenges on the school website to see if you can find some other ideas and activities to enjoy.

I look forward to speaking to you all about your child's progress for the year so far.

Best wishes and stay safe,

Miss Georgiou

Learn some interesting facts about America from the websites below.

Which website do you think was the best for finding out information?

<https://www.natgeokids.com/uk/discover/geography/countries/usa-facts/>

<https://www.kids-world-travel-guide.com/north-america-facts.html>

<https://www.oddizzi.com/teachers/explore-the-world/places/north-america/usa/>

<https://easyscienceforkids.com/all-about-the-united-states-of-america/>

Important American celebrations

Watch the youtube video below to find out about the 4th July Independence Day and why they celebrate.

<https://www.youtube.com/watch?v=XoNIsoqT5s0>

Watch the youtube video below to find out about Thanksgiving Day and why they celebrate.

https://www.youtube.com/watch?v=Yh_Ot4EcsjE

Watch the youtube video below to find out about Martin Luther King Day (third Monday in January) and why they celebrate.

<https://www.youtube.com/watch?v=WthBBilBhOs>
<https://www.youtube.com/watch?v=4xXZhXTFWnE>

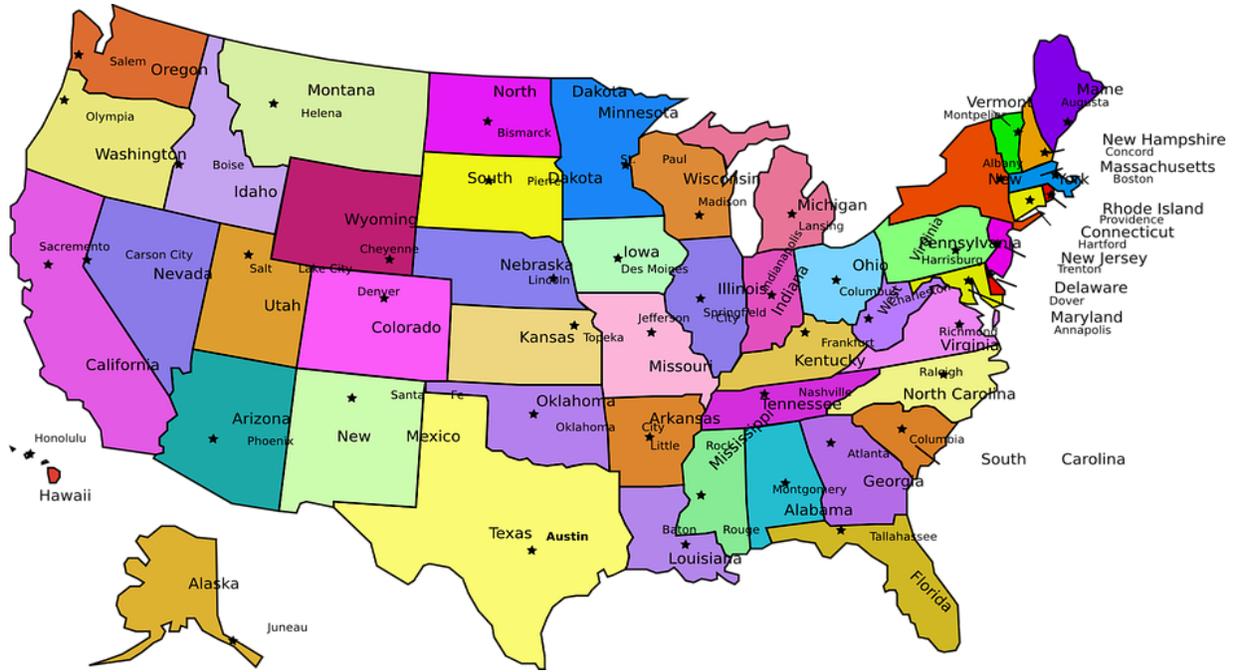
Watch the youtube video below to find out about Labour Day and why they celebrate.

<https://www.youtube.com/watch?v=u8YrXS-fb1Q>

USA

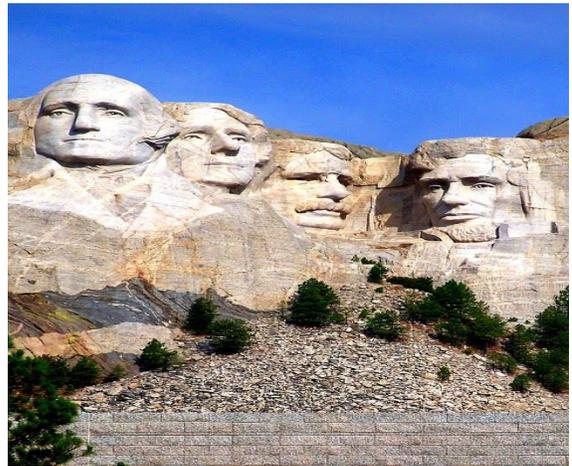
Look through the gallery below and see if you can spot the following:
Label each picture when you find it.

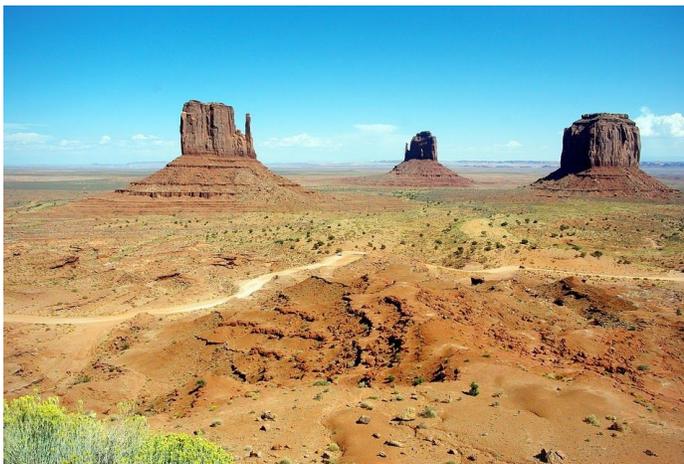
- A map of the 50 American states
- The Empire State Building In New York City
- 4 July fireworks in Washington DC
- The Statue of Liberty
- A bald eagle
- Baseball
- The Golden Gate Bridge in San Francisco
- The Grand Canyon
- Gran Teton National Park in Wyoming
- The Hollywood sign
- Mount Rushmore
- An American flag
- Taxis in New York City
- The Capitol building in Washington DC
- Monument Valley National Park in Utah
- The White House
- The Zion Mountains in Utah
- A lighthouse in Maine, New England













Why not try some favourite American recipes and send us your pictures as we would love to see how they turned out.

Macaroni and Cheese



Classic Macaroni and Cheese (8)

Prep Time: 15 mins Cook Time: 40 mins



nut free

Ingredients

- topping:
- 1 tablespoon butter, melted
- 1 cup panko bread crumbs
- 1/2 cup grated cheddar cheese
- mac and cheese:
- 3 tablespoons unsalted butter
- 3 tablespoons flour
- 3 cups whole milk
- 4 cups grated cheddar cheese
- 1 pound elbow macaroni (you can also use campanelle, cavatappi, or shells)

Preparation

1. Place the topping ingredients in a bowl and stir to combine.
2. Preheat oven to 400° F.
3. Cook pasta in salted water* for about 3 minutes less than package directions call for, until al dente, reserving half a cup of the pasta water.
4. In a large pot melt the butter and then add the flour, whisking continuously over low-medium heat for 2-3 minutes to make a roux.
5. Slowly whisk in the milk and bring to a boil.
6. Reduce heat and simmer, whisking occasionally, 3 to 4 minutes, or until sauce is gently bubbling and starting to thicken.
7. Add reserved pasta water and cheddar cheese and whisk until melted.
8. Stir in the pasta.
9. Transfer to a greased 13" x 9" baking dish.**
10. Sprinkle topping on macaroni and cheese.
11. Bake for 30-40 minutes, or until top is golden and bubbling.
12. Serve.

* Use about 2 Tbsp of kosher salt for 4 quarts of water.

** If making ahead, mixture can be cooled after this step to room temperature, covered and then refrigerated for up to a day.

Basic cornbread



Basic Cornbread (16 servings)

Prep Time: 5 mins Cook Time: 25 mins



Ingredients

- 1 cup cornmeal*
- 1 cup all purpose flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- 1 large egg
- 1 cup milk
- 1/3 cup vegetable oil

Preparation

1. Preheat the oven to 400F.
2. In a bowl, whisk together the cornmeal, flour, sugar, baking powder, and salt.
3. In a separate bowl, whisk together the egg, milk, and vegetable oil.
4. Add the wet ingredients into the dry ingredients and stir to combine.
5. Pour the batter into a greased 8 x 8 inch baking dish for 20-25 minutes, until a toothpick inserted in the center comes out clean.

Apple Pie



Gluten-Free Apple Pie

Prep Time: 15 mins Cook Time: 30 mins



egg free



nut free

dairy free



gluten free

Ingredients

- For the Crust:
- 3 cups almond flour
- 3 tablespoons coconut oil
- 2 tablespoons maple syrup
- 1 large egg
- 1/2 teaspoon kosher salt
- For the Filling:
- 5-6 cups apples, peeled and chopped
- 2 tablespoons coconut oil
- 1 tablespoon ground cinnamon
- 1/4 cup maple syrup
- 1 tablespoon arrowroot powder
- 1 tablespoon vanilla extract

Preparation

For the Crust:

1. Heat the oven to 350F.
2. Mix all the crust ingredients in a bowl until a soft dough forms. Split the dough in half and roll out between two sheets of parchment paper. Place one half of the dough into a pie pan and gently press into the side. Set aside.
3. Roll out the second half of the dough and slice into thin strips. Refrigerate the dough while you make the filling.

For the Filling:

1. Heat the coconut oil in a large pot. Saute the apples for 5 minutes, mix in the maple syrup and cinnamon.
2. Remove from the heat and stir in the arrowroot powder and vanilla extract. Allow to cool.
3. Spoon the cooled apple mixture into the crust.
4. Carefully transfer the pie dough strips onto the pie to form a lattice crust: Place 3 strips horizontally across the pie, and 3 strips vertically across the pie.
5. Bake the pie for 30 minutes. Serve hot or cold.