

## C4 Cliath Ionnsachaidh 01.02.21

<p>Slàinte agus Sunnd - Tapachd Health and Wellbeing - Resilience</p>	<p>Slàinte agus Sunnd - P.E Health and Wellbeing - P.E</p>	<p>Ionnsachadh thar a' Churraicealam   IDL   Interdisciplinary Learning</p>
<p><b><u>Talk things over</u></b></p> <p><b>LI: We are learning to recognise our worries, deal with them and ask for help.</b></p> <p>At times we all feel worry. Worries are thoughts that go round and round in our head about things that happened in the past or will happen in the future.</p> <p><b><u>Make:</u></b></p> <p>A Worry Monster is a 3D junk model monster with a large mouth. When you have a worry, write or draw it on a scrap of paper to post in the monster's mouth. Use art materials to create your own Worry Monster (remember it needs a big mouth for all your worries!)</p> <ul style="list-style-type: none"> <li>• How many heads does the monster have?</li> <li>• Does it fly? Can it swim?</li> <li>• Does it have scales, lumps, bumps, or is the skin smooth?</li> <li>• How big is it?</li> <li>• How fast can it run?</li> <li>• What powers does it have?</li> </ul> <p>You may want to give it a funny name and an unusual personality.</p>	<p>See your Class Notebook for tasks for PE and Gymnastics this week.</p> <p><b>LI: We are learning about different types of gymnastics.</b></p> <p><b>LI: We are learning to create a gymnastics routine.</b></p> 	<p><b><u>Religions of the world</u></b></p> <p><b>LI: We are learning about the beliefs we have.</b></p> <p><b><u>Reflect:</u></b></p> <p>Over the past few weeks we have learned a lot about what different people believe, especially those who follow different religions.</p> <p>Think about what you can remember about Hannukah (Judaism), Christmas (Christianity), Islam and Buddhism.</p> <p>What about you? What things do you believe in?</p> <ul style="list-style-type: none"> <li>• Are you religious?</li> <li>• Are you vegetarian?</li> <li>• Do you feel passionately about pollution?</li> </ul> <p>Talk to someone at your house about the things you believe in and are passionate about.</p>

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<b>Ealain   Art</b>	<b>Ceòl   Music</b>	<b>Rudeigin Gàidhlig   Something Gàidhlig</b>
<p>See art by Miss Burrows</p> 	<p><b>LI:</b> We are learning about rhythm and beat using our body.</p> <p><b>Watch and join in:</b>  <a href="https://www.youtube.com/watch?v=FxB-gvQajIo">https://www.youtube.com/watch?v=FxB-gvQajIo</a>  <a href="https://www.youtube.com/watch?v=_oK7WJbmr6s">https://www.youtube.com/watch?v=_oK7WJbmr6s</a></p> <p>Can you use the movements from the videos to make your own body percussion to match your favourite song?</p>	<p><b>Watch:</b> Have a look at this video about questioning with an ann <a href="https://youtu.be/qcahNP8U8qY">https://youtu.be/qcahNP8U8qY</a></p> <p><b>Practice:</b> Can you think of three questions that start with an ann? Try teaching someone in your house to answer them correctly.</p> <p><b>Remember:</b> An ann aig an taigh a tha thu? 'S ann (yes, I am) or chan ann (no, I am not).</p>
<b>Co-fharpais Ealain   Art Competition</b>	<b>Rudeigin a-muigh   Something outside</b>	<b>Anns a' chidsin   In the kitchen</b>
<p>Cars and lorries make so much pollution, make a picture of your solution</p> <p><b>Create:</b> Have a look at the poster. Make a picture of other ways to travel in your local area - or how you would like it to be.</p> <p>Take a picture and send it to <a href="mailto:greenpeace-edinburgh@live.co.uk">greenpeace-edinburgh@live.co.uk</a></p> <p style="text-align: center;"><b>GREENPEACE</b></p>	<p><b>Look up:</b> While out for exercise, take a moment to look at the sky. Are there any clouds? What shapes do they make?</p> <p>At home, think about the shapes and use them to create a picture.</p>	<p>Miss Bloomer is back in the kitchen making vegetarian fajitas.</p> <p><b>Watch and make:</b> Watch this video to see how to make vegetable fajitas. (Recipe below) <a href="https://youtu.be/pe7HQts1x5I">https://youtu.be/pe7HQts1x5I</a></p>

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### 1. Spìosan |

#### Seasoning:

1 sp † pùdar  
tiolaidh | 1 tsp  
chilli powder

1 sp † paprika | 1 tsp paprika

1 sp † pùdar creamha | 1 tsp garlic  
powder

1 sp † cumin | 1 tsp cumin

1/2 sp † oragan tioram | 1/2 tsp  
dried oregano

1 sp † salann | 1 tsp salt

1/4 sp † piobar dubh | 1/4 tsp black  
pepper

Cuir na spìosan ann an sileagan agus measgaich ri chèile iad. 'S urrainn dhut sin chleachdadh airson 3 mìosan. | Put all the spices in a jar and mix them together. You can keep this mix in a jar and use it for up to 3 months.



### 2. Glasraich |

#### Vegetables:

Buntàta milis |

Sweet potato

Piobar-dearg | Red

pepper

Mearag-bheag | Courgette

Uinnean no uinneanan-earraich |

Onion or spring onions



1. Cuir air an àmhainn gu 180 puing. | Heat the oven to 180°C (Gas 4).

2. Geàrr na glasraich air fad ann am pìosan meadhanach mòr agus cuir ann an tina iad. | Chop the vegetables into medium-sized pieces and put in a tin.

3. Cuir ola agus na spìosan orra (chleachd mi 3 sp †). | Add oil and seasoning (I used 3tsp.)

4. Cuir anns an àmhainn airson 20 mionaid. | Cook in the oven for 20 minutes.

### 3. Cuir ri chèile | Assembly:

Tortillas

Uachdar geur | Sour cream

Ris | Rice

Càise sgrìobte | Cheese - grated

Abhocado prann | Avocado - mashed

Nuair a tha na glasraich deiseil, pasg ann an tortilla iad le uachdar-geur, ris, càise agus abhocado prann. | When the vegetables are cooked, serve wrapped in a tortilla with sour cream, rice, cheese and mashed avocado.

