

Investigating ingredients

Look in your kitchen cupboards. How many items have wheat, barley or oats as an ingredient? Can you list them? Can you find any items that have all three – wheat, barley and oats? The largest amount of the ingredient in the product is listed first. Which products have the largest amount of wheat?



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Have a go at these learning activities to inspire and educate. We would love to see any work produced and learning activities in action, so please tag your photos on social media.

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Count mini beasts!

Take a walk around your garden. Look high, look low and see what little mini beasts you can find. Don't forget to peek under stones, in the grass and behind rocks.

How many insects, beetles and bugs can you count along the way? Write a list of the different insects, bugs and mini beasts that you see.

Learn about quantities

Have a look at some products and product packaging in your kitchen cupboards. Look at the nutritional information. What can you see listed? (e.g energy, fat, carbohydrates). What quantities are given?

Learn about fractions

Help an adult with vegetable or fruit preparation. Find simple fractions (halves, quarters, thirds etc) whilst safely cutting the fruit or vegetables. Please note this activity must be supervised by a responsible adult at all times.