



March Science Challenge

Cooking – Vegan banana bread

You will need adult help for this

Resources:

- 3 large ripe bananas
- 75ml vegetable oil/sunflower oil (you will need extra for the tin)
- 100g brown sugar
- 225g plain flour
- 3 tsp baking powder
- 3 tsp cinnamon or mixed spice

Instructions:

1. Heat the oven **(an adult will need to do this)** to 200C/180C fan/ gas 6. Mash 3 large peeled ripe bananas with a fork, then mix well with 75g vegetable/sunflower oil and 100g brown sugar.
2. Add 225g plain flour, 3 tsp baking powder and 3tsp cinnamon and mix well.
3. Bake in an oiled, lined loaf tin for 20 minutes. Check and cover with foil if the banana bread starts browning on the top **(an adult will need to help with this)**.
4. Bake for another 20 minutes, or until a knife comes out of the banana bread clean **(an adult will need to help with this)**.
5. Allow time for the banana bread to cool before slicing **(an adult will need to help with this)**.

Please send a photo on Class Dojo to your teacher. All entries will receive a sticker.



Science of the Month

Healthy living



Choose one of the following topics to investigate:

1. Keep a diary of how much exercise you do for 1 week. Can you think of ways to become more active?
2. Create your own recipe for a healthy snack. Can you create a vegetarian/vegan recipe?
3. List 5 different fruits/vegetables that grow in the countries below:
 - United Kingdom
 - India
 - Ghana