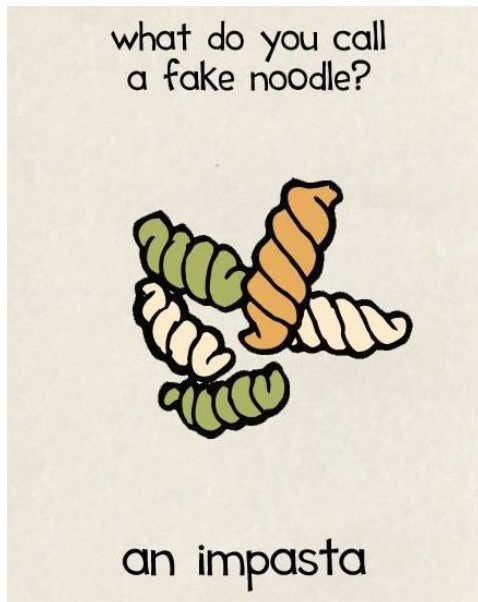




Starters 5-10 mins

Announcements..... 3 mins
STEM events/competitions (check OtotheB), share achievements and welcome new members.

Snack, Cackle & Pop..... 2 mins
Snack: Pineapple - Yummy
Cackle:



Pop: Stemillions Playlist - add your own music!!

Meet Her..... 5 mins
I am a Registered Nutritionist, specialising in sports nutrition. I work at Solent University, where I also run the Applied Human Nutrition degree. About half of my time is spent teaching students, and the other half is spent working with athletes to improve their nutrition so they can win competitions.

Watch: [meet Dr Hill in this video](#)

Discuss

- ★ What did you think of Dr Hill's video?
- ★ What do you think sport nutrition is?
- ★ Why is nutrition so important?

Mains 20 mins - choose ONE only

MAKE..... 20 mins
In pairs, create a cereal and its box. Using a piece of A3 paper/ cardboard, make and decorate your own cereal box, with the goal of having the largest possible volume. For your cereal, think about:

- ★ What will provide people with enough energy for the day?
- ★ Make sure it's a healthy cereal.

For your box, think about:

- ★ Can you work out the surface area of the box?
- ★ Can you work out the volume of the box?

Present your cereal and boxes to your club if you have time.

EXPLORE..... 20 mins
In pairs or threes, create a poster of the alphabet of a balanced diet. Each letter should be a different food, but as a whole, the alphabet should form a balanced diet. How many letters will need to be:

- ★ Proteins, ★ Fruit & vegetables
- ★ Carbohydrates ★ Oils
- ★ Dairy

You can use the [NHS website](#) to help you.

Desserts 5 mins

Share with us 2 mins
Upload photos of your MAKE or EXPLORE to the MightyNetworks or tweet/instagram.

Ask Her..... 1 min
If you or your club have any questions, ask our STEM agony aunts; [bit.ly/askagonyaunt](#)

Digest..... 2 mins
Do [#009](#) Digest on MightyNetworks or [bit.ly/digest009](#)