



# Amanda Edwards

First released for Outbox 2021

LinkedIn



Meal Plan  
**#120**  
60 mins

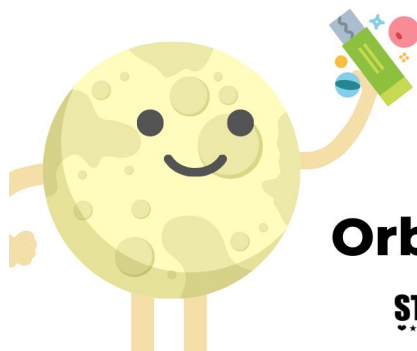
## Starters 5-10 mins

Snack, Cackle & Pop..... 2 mins

Snack: Grab a snack before beginning

Cackle:

### What is the moon's favourite gum?



**Orbit.**

STEMettes

Pop: Stemillions playlist on Spotify:

[bit.ly/stemillionsplaylist](http://bit.ly/stemillionsplaylist)

Meet Her..... 5 mins

Bio

Discuss:

- ★ What do you think of Amanda's job?

## Mains 20 mins - choose ONE only

MAKE..... 20 mins

**Ingredients:** plastic water bottle, card/paper, tape.

In this activity we will look at the [features of a plane and the functions of each of them](#). Start by wrapping your empty bottle in a paper cylinder. This will be the fuselage which holds the features of the plane together. Next we need to add some wings. Cut out 2 identical wings with an extra tab so we can tape this to the fuselage. The wings help with lift so planes can stay in the air. Fold up the end of the wings to make winglets, this reduces drag on the plane. Across the back of the wing, make 4 small snips to make the flaps to help with lift and drag when the plane is taking off and landing. Now we need to make some turbine engines, so make 2 more small paper cylinders that fit under the wings, engines generate thrust. Now let's make the fin at the back of the plane by cutting out a small wing shape with a tab at the bottom, this is also known as the vertical stabilizer. At the back of the fin, make 2 small snips about 1/4 of the way through the fin, this is the rudder which helps with rotation. Finally, we need our horizontal stabilizers on each side of the plane at the back, cut 2 more shapes similar to the fin, and stick them to the back of the plane on the sides, this helps to balance the plane and stops it going up and down rapidly.

EXPLORE..... 20 mins

**Ingredients:** paper, pen, colouring pencils

Amanda gives a great talk on self belief and confidence. In this activity we are going to look at all the things that make you great. Start by making a mind map/spider diagram with you at the center and all of the things that make you great surround you. Present your mind maps/ spider diagrams to the rest of the group.

## Desserts 5 min

Share with us ..... 1 min

Upload photos on [Twitter](#) or [Instagram](#) and tag @Stemettes and #Stemillions.

Ask Them..... 2 mins

Got a question? Ask Away! [bit.ly/Ask-Away](http://bit.ly/Ask-Away)

Digest..... 2 mins

Digest this Meal Plan - fill out the feedback form.