



Nicol Caplin

First released for Outbox 2021

LinkedIn



Meal Plan
#115
60 mins

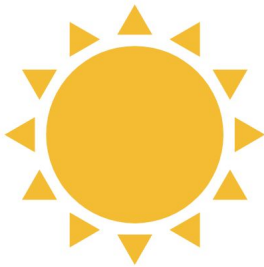
Starters 5-10 mins

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

Snack: *Grab a snack before beginning*

Cackle:

Why did the sun go to school?



To get brighter



Pop: Stemillions playlist on Spotify:

bit.ly/stemillionsplaylist

Meet Her..... 5 mins

Nicol's background is in radiobiology and plant biology. Now she works for the European Space Agency as a deep space exploration scientist. Her job involves coordinating a range of biology and physics experiments to go to the moon! Nicol has a horse called Rose and enjoys practicing archery.

Discuss:

- ★ What do you think of Nicol's job?
- ★ If you could visit any planet, which one would it be and why?
- ★ What experiment would you try on the moon?

Mains 20 mins - choose ONE only

MAKE..... 20 mins

Ingredients: Paper plates x2, clear plastic cup (or similar tub), coloured pens/pencils/paint, glue/tape

Deep space exploration is looking further and further away from our world. Do you think one day we might meet aliens!? Imagine who we might meet and create your own flying saucer:

- ★ Tape or glue your paper plates together - stuff some newspaper in between to stop them collapsing
- ★ Draw an alien on paper or create one from things around your house
- ★ Put your alien inside the cup and stick it onto your paper plates
- ★ Colour in and decorate your space ship

EXPLORE..... 20 mins

Ingredients: equipment they'll need

The experiments and science done in space aren't only to help us learn more about space. Some of them help us here on Earth too. For example, NASA's research into technology to help in extreme temperatures has been applied to the refrigerator sections you see in the supermarket!

Explore more in their game:

<https://homeandcity.nasa.gov/>

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

Digest..... 2 mins

Digest this Meal Plan - fill out the feedback form.