First released for Outbox 2020



Meal Plan #082 30 mins

Starters 5-10 mins

Snack, Cackle & Pop...... 2 mins **Snack:** Before we begin, grab a snack! Cackle:



Q: How did Benjamin Franklin feel after discovering electricity?

A: Shocked.



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Pop: Stemillions playlist on Spotify:

bit.ly/stemillionsplaylist

Meet Her...... 5 mins Catherine is a Electronic and Electrical Engineer and core researcher within the Rolls Royce

University Technology Centre for Electrical Power Systems. Her current research has focussed on aero-electrical applications, for both more-electric and hybrid propulsion aircraft.

Discuss....... 3 mins

- \star How many electronic items can you find in the room you are currently in?
- What do you think of Catherine's job?

Desserts 5 mins

Share with us 1 min Upload photos on Twitter or Instagram and tag @Stemettes and #Stemillions.

Ask Away...... 2 mins Got a question? Ask Away! bit.ly/Ask-Away

Digest...... 2 mins Digest this Meal Plan - fill out the feedback form.

Mains 20 mins - choose ONE only

MAKE...... 20 mins Ingredients: A4 paper, glue/sticky tape, scissors.

Catherine works on aircrafts, in this activity you will create your own glider.

- Firstly, turn your A4 piece of paper into a square, follow this tutorial (stop at 1:25). Leave the strip of paper to the side for now.
- Take the square, there should be a centerfold across your square. Fold the bottom corner to meet the centre crease. Take the new bottom edge and fold to the centre crease. Repeat this again, take the new bottom edge and fold into the centre crease. Now take all the fold you just made and fold them over the centre crease so you're left with a triangle.
- \star Put tape/glue at one end of the folds. Curl the edge with the folds and slip one tip into the fold.
- Take your spare slip of paper and glue the centre to the top of your glider.
- A bit lost? Follow this video tutorial.

Challenge: what width and length wings work help your glider to fly furthest?

EXPLORE...... 20 mins Ingredients: pen & paper or somewhere to write down notes.

Dr Catherine has to work with electricity all the time, create a song, rap or poem all about electricity. You might want to include:

- What items use electricity?
- Jobs that involve electricity (like Dr Catherine's)
- How to stay safe around electricity?
- Why is electricity important?

Before the end of the session, try to perform your song, rap or poem to everyone else and send us a picture of your lyrics, we love to see them.