

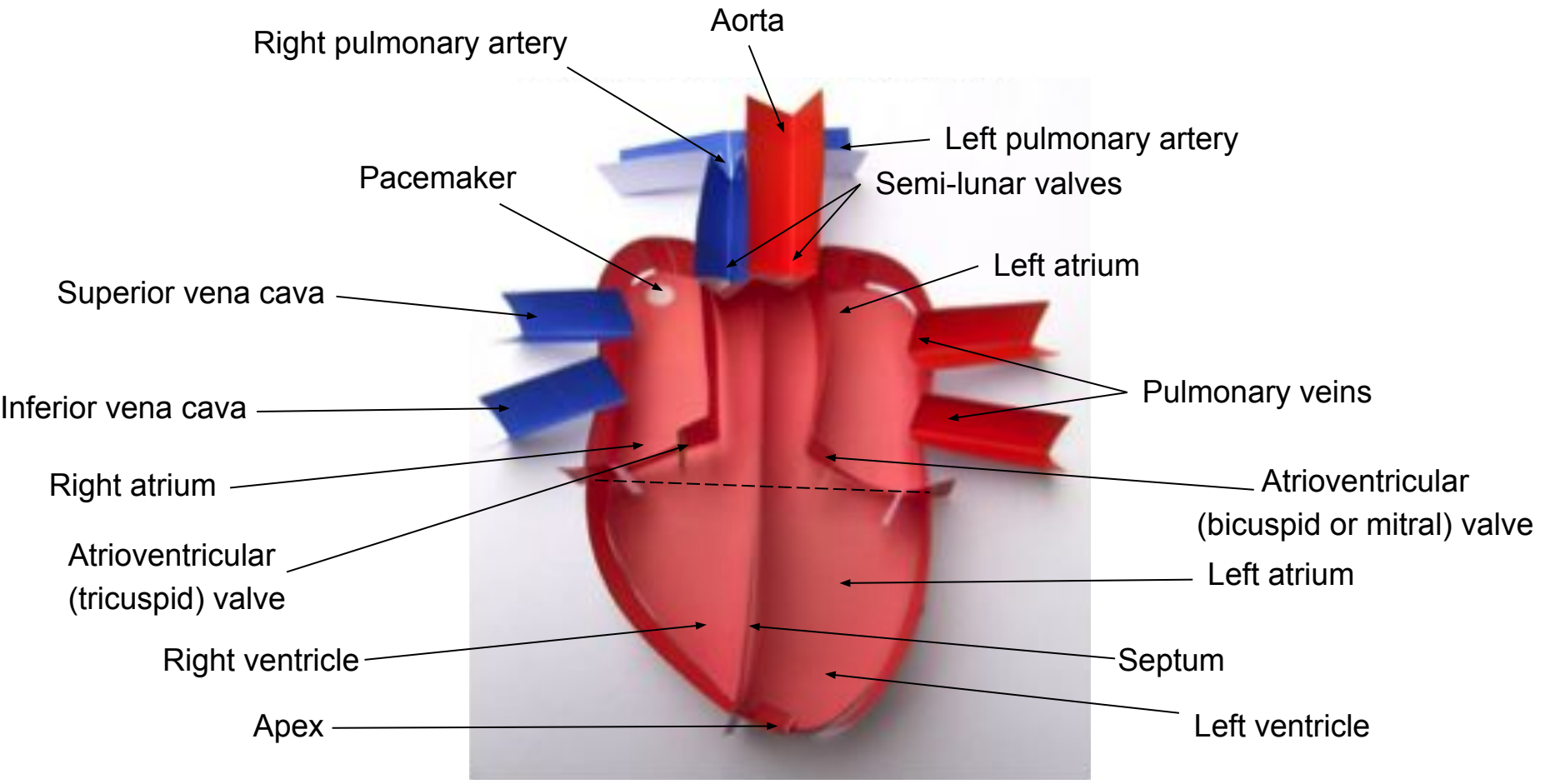
# Stem Project

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**THE HEART**

# Parts of the heart

The top half of the heart is called the 'atrium' and the bottom is called the 'ventricle'. The very tip of the heart is known as the 'apex' meaning summit or top. In between the left and the right sides of the model, there is a wall called the 'septum'. It's job is to prevent mixing of the blood from either side of the heart; the left side has oxygen-rich blood from your lungs and pumps it to your body.



**3 COURSE MEAL**

# Chicken Casserole

## Ingredients

- 1kg chicken pieces
- 1 large onion, diced
- 6 garlic cloves
- 1 tablespoon rapeseed oil
- 1x 400g can chopped tomatoes
- ½ teaspoon dried herbs such as tarragon, coriander or oregano
- 75ml red wine vinegar
- 75ml white wine vinegar
- 150ml low-salt chicken stock
- pepper to season

## Method

1. Preheat oven to 150C or Gas Mark 3 Skin the chicken pieces and remove all signs of visible fat.
2. In a large pan or hob proof casserole dish cook the onion and whole cloves in the oil without colour for 5 minutes.
3. Add the canned tomatoes, dried herbs, vinegars and chicken stock and bring to a simmer. Allow to reduce a little.
4. Add the chicken pieces to sauce and cook for 5 minutes.
5. Transfer to a casserole dish, cover and place in the preheated oven for 50 minutes. Serve with potatoes or chunks of wholegrain bread and green beans.

# Fruit Salad

## Ingredients

- 1 pound (500 g) strawberries washed, hulled and sliced
- 3 kiwi fruits peeled and sliced into half moons
- 2 mangoes peeled and diced
- 10 ounces (300 g) blueberries washed 1 cup green grapes halved
- 9 ounce (250 g) can pineapple chunks or pieces (or 1/2 of a fresh pineapple, peeled and diced)
- 3 tablespoons honey
- 1 tablespoon fresh squeezed lime juice
- 1 tablespoon pineapple juice (from the canned pineapple, if using)

## Method

1. Place prepared washed and sliced or diced fruits in a large salad bowl.
2. Using a measuring jug, combine the honey, lime juice and pineapple juice. Pour the syrup through the fruit and mix well. Mix the juices accumulated at the bottom of the bowl once again before serving, if not serving immediately.

# Flapjacks

## Ingredients

- 295g Unsalted butter
- 250g Lyle's Golden Syrup
- 500g Rolled porridge oats (not the jumbo variety)
- Pinch of salt

## Method

1. Preheat the oven to 180°C/160° Fan, 350°F, Gas 4 while you combine the butter and Lyle's Golden Syrup in a large non-stick saucepan. Heat gently until melted, then remove from the heat and stir in the oats and salt.
2. Spoon the mixture into a 20cm (8") shallow square loose-bottomed tin, greased and lined with parchment paper. Level and press firmly with a palette knife to smooth. Bake on the middle shelf for 25 minutes, until gorgeously golden brown on top.
3. Remove and leave to cool in the tin for 30 minutes. Then lift out of the tin to cool completely on a wire rack. Once cooled, cut into 9 medium or 16 small squares.



**OLYMPIC SPORT**

# Ice Football

Ice Skates and a special football! 2 goals at either end, 11 players! Each player set in any of the football positions. Each half is 30 minutes, goals are 2 metres x 2 metres, pitch length is 100 metres.

# Rules:

1. High foot is not allowed (can't lift your foot above your the hips).
2. No kicking at the opposition
3. No very physical contact
4. Can't be rude to the referee
5. Referee's decision is final

