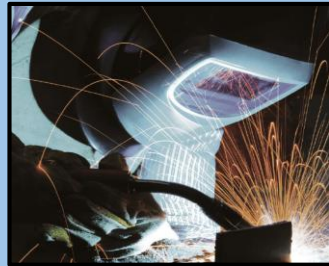




Virtual Exhibit
Spring Term 1
Year 3
Dublin & Belfast Class

This term we have had a main project and a companion project running alongside each other.

Our main project was 'Mighty Metals' with 'Cook well, Eat well' as our companion project.



We started the term with our Cook well, Eat well companion project, which had a DT (cooking) focus.

We began by looking at the five main food groups and what a healthy balanced diet should consist of.



We made Tacos with hot, healthy and nutritious fillings. These were a vegetable filling and a minced beef filling.



To begin with, we had to chop, slice and dice all the ingredients. We have learned many new skills and especially how to do it safely.

We then cooked our ingredients for the filling:



Very tasty!



Once the fillings were cooked, we chose which one we wanted. We could also choose from 4 different toppings lettuce, cheese, salsa and sour cream.



Belfast Class

Once the fillings were cooked, we chose which one we wanted. We could also choose from 4 different toppings lettuce, cheese, salsa and sour cream.



Dublin Class

We completed an evaluation of our work and gave it a rating:

Task 1: Food evaluation

1. Complete the chart to evaluate your food filling.

What were your design criteria and were they achieved?

- Hot
- Easy
- Balanced diet
- Diet appearance

Did your food filling include food from all food groups?

Fill and vegetables

Proteins

Carbohydrates

Fats and oils

Salt and sugar


What food groups represented in the proportions shown in the Eatwell guide?

Did you use much of the ingredients?

Did you use any of the ingredients?

Give your food filling a star rating: ★★★★★

I used the recipe of what I liked the best. I like my recipe.



next time I would put more veg in it too.

Eliza WB

Task 1: Food evaluation

1. Complete the chart to evaluate your food filling.

What were your design criteria and were they achieved?

- Hot
- Easy
- Balanced diet
- Diet appearance

Did your food filling include food from all food groups?

Fill and vegetables

Proteins

Carbohydrates

Fats and oils

Salt and sugar


What food groups represented in the proportions shown in the Eatwell guide?

Did you use much of the ingredients?

Did you use any of the ingredients?

Give your food filling a star rating: ★★★★★

I like the recipe of the filling because it's easy.



I would use more vegetables and less meat.

Yes, the food groups were in proportion.

Amarna

Tomasz

Task 1: Food evaluation

1. Complete the chart to evaluate your food filling.

What were your design criteria and were they achieved?

- Healthy
- Hot
- Look nice / appealing
- Taste good, balanced diet

Did your food filling include food from all food groups?

Fill and vegetables

Proteins

Carbohydrates

Fats and oils

Salt and sugar

What food groups represented in the proportions shown in the Eatwell guide?


Did you use much of the ingredients?

Did you use any of the ingredients?

Give your food filling a star rating: ★★★★★

Knowledge: 10-11 learning.

The flavor, toppings with less sugar, cream & cheese. Vegetables.



A bit better for the toppings.

Yes, with all the food groups.

Pranavi

Task 1: Food evaluation

1. Complete the chart to evaluate your food filling.

What were your design criteria and were they achieved?

- Hot
- Easy
- Balanced diet
- Diet appearance

Did your food filling include food from all food groups?

Fill and vegetables

Proteins

Carbohydrates

Fats and oils

Salt and sugar


What food groups represented in the proportions shown in the Eatwell guide?

Did you use much of the ingredients?

Did you use any of the ingredients?

Give your food filling a star rating: ★★★★★

Yes, the food groups were in proportion.



I would change the color to make it more appealing.

Belfast Class

Give your taco filling a star rating.



I loved the meat filling and enjoyed stirring the meat mixture while it was cooking - Ollie

I liked cutting and chopping the onion. I added lettuce to my meat filling. It was tasty - Louie

I enjoyed eating the taco and chopping and dicing the vegetables - Oscar

Belfast Class

We completed an evaluation of our work and gave it a rating:

Task filing evaluation

1. Complete the sheet to evaluate your task filing.

What were your design criteria and were they achieved?

1. *has to be healthy*
2. *not to be wet*
3. *not to have sticky stuff*

Did your task filing include food from all food groups? YES NO

Fruit and vegetables

Carbohydrates

Protein

Fats or alternatives

Salts and sweets

Were the food groups represented in the proportions shown in the Eatwell guide? YES NO

10/02/2025

Give your task filing a star rating: ★★☆☆☆

Filip

Kayden

Task filing evaluation

1. Complete the sheet to evaluate your task filing.

What were your design criteria and were they achieved?

1. *has to be healthy*
2. *not to be wet*
3. *has to be sticky*
4. *has to have sticky stuff*

Did your task filing include food from all food groups? YES NO

Fruit and vegetables

Carbohydrates

Protein

Fats or alternatives

Salts and sweets

Were the food groups represented in the proportions shown in the Eatwell guide? YES NO

10/02/2025

Give your task filing a star rating: ★★☆☆☆

Poppy

Task filing evaluation

1. Complete the sheet to evaluate your task filing.

What were your design criteria and were they achieved?

1. *not*
2. *has to be healthy*
3. *appealing*
4. *has to include every food group*

Did your task filing include food from all food groups? YES NO

Fruit and vegetables

Carbohydrates

Protein

Fats or alternatives

Salts and sweets

Were the food groups represented in the proportions shown in the Eatwell guide? YES NO

10/02/2025

Give your task filing a star rating: ★★★★★

Dublin Class

Give your taco filling a star rating.



We cut the lettuce on a chopping board. It was easy to do when we cooked the food -
Trevonn

I peeled a sweet potato and then stirred the vegetables. It was easy because I'm good at it - Vansh

Dublin Class

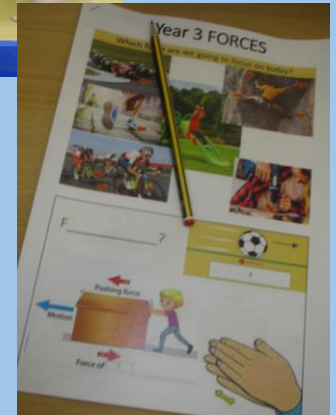
Dr Metcalfe came in to deliver a Fantastic Friction workshop, which was very exciting!

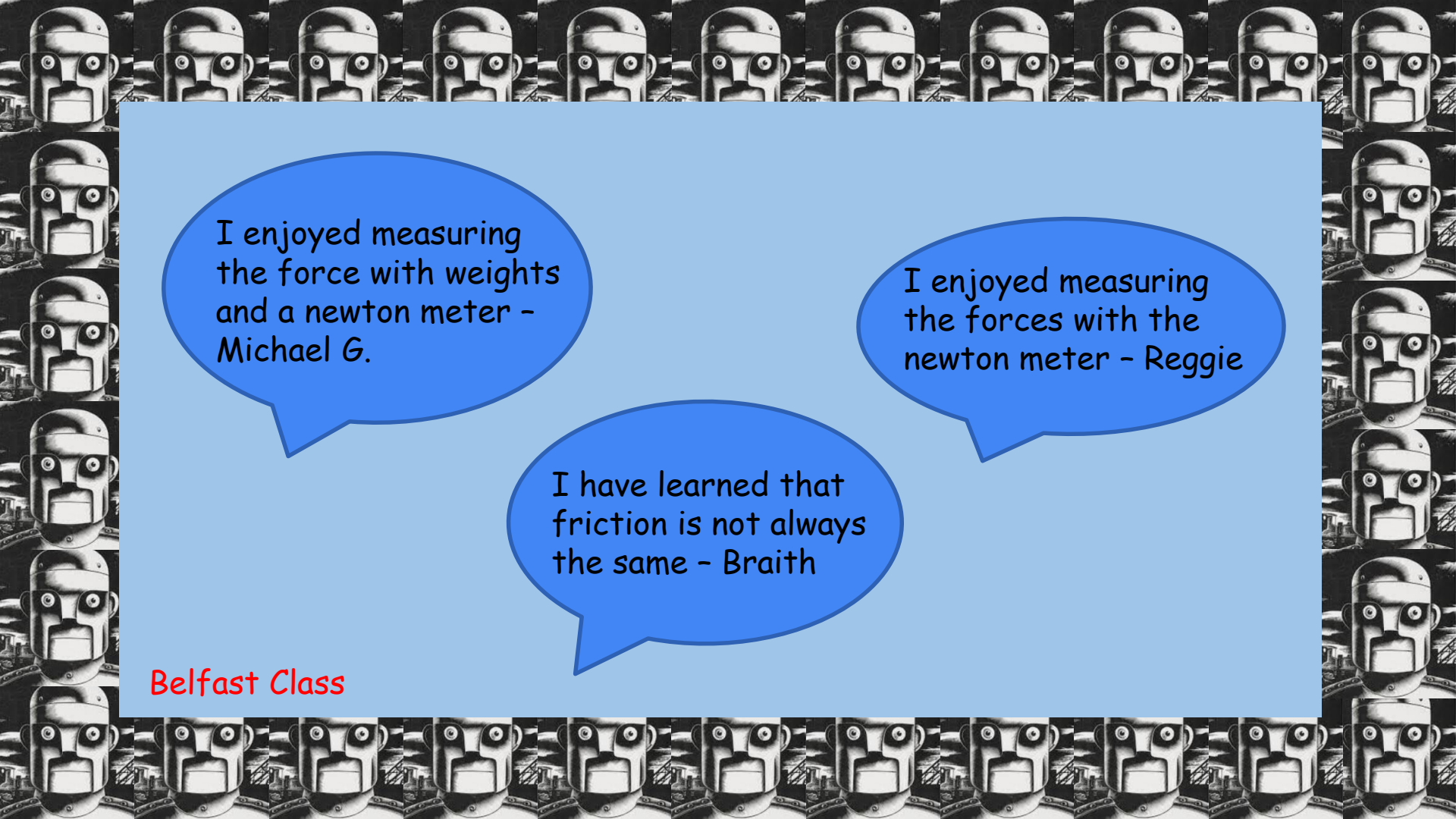


We had to wear special safety goggles to protect our eyes.



Belfast Class





I enjoyed measuring
the force with weights
and a newton meter -
Michael G.

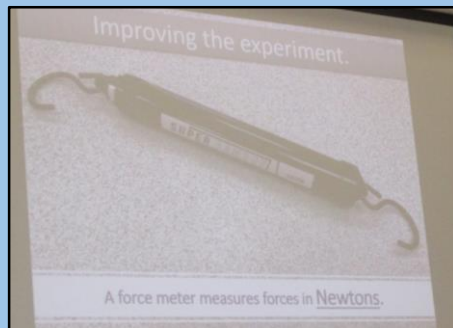
I enjoyed measuring
the forces with the
newton meter - Reggie

I have learned that
friction is not always
the same - Braith

Belfast Class

I liked using the forcemeter.
We pulled the block and when
the blocks moved, we took
the measurement.
It was great fun! - Hector

I liked trying out the
erasers, I also liked
feeling all the different
materials - Amelia



Dublin Class

Dr Metcalfe left us an activity to do in class.....Mini Hovercrafts!



We had a lot of fun making these....and they really worked!

Belfast Class



The hovercraft uses a cushion of air to reduce friction!

Dr Metcalfe left us an activity to do in class.....Mini Hovercrafts!



This was such good fun and we got them to work too!

Dublin Class



Some of us found blowing up the balloon quite hard!



It was quite easy to make the hovercraft and I enjoyed it -
Sophia

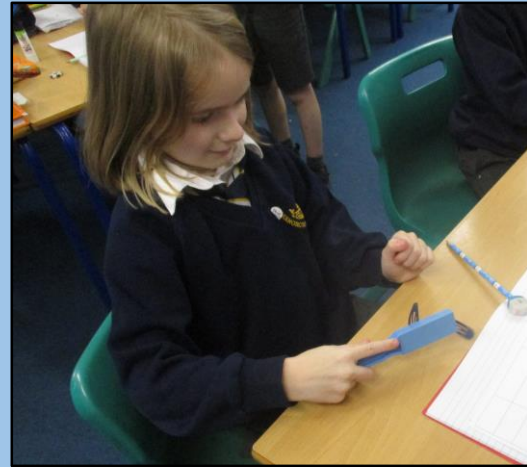
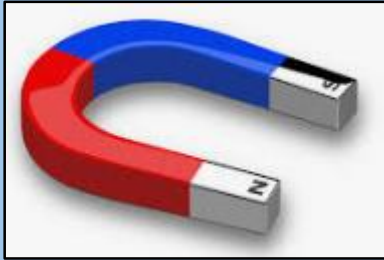
I liked making the hovercraft and I now play with it at home. It was hard at first to blow up the balloon, but then it got easier- Arda

I enjoyed building the hovercraft but it was quite hard to blow up the balloon - Samay



Belfast Class

The science part of our project has involved several investigations about magnets:



We worked in groups to find magnetic and non-magnetic items in the classroom.

Belfast Class

We carried out an investigation to see if all magnets were the same strength. We also tried to find materials that were magnetic and non-magnetic.

Thursday 23rd January
Comparing materials and their properties

Object	Properties	Material
paper fastener	it is shiny it is flexible	brass
fork	it is hard it is shiny	steel
paper clip	it is flexible it is sharp	steel
drawing pin	it is sharp it is smooth	brass
rubber band	it is flexible it is smooth	rubber
aluminium foil	it is not magnetic it is very light	aluminium
concrete wash cap	flexible light	string
penicil	hard usefull	wood ✓

Not all metals are magnetic. All magnetic materials are metal. ✓

Dylan

Belfast Class

Thursday 23rd January 2025
Comparing materials and their properties

Object	Properties	Material
key ring	hard	gold
Ballpoint pen	hard	plastic
rubber magnet	strong not flexible	plastic
scissors	hard	iron
table	not flexible	iron
legs	hard	iron
pen	smooth shiny strong	plastic
whiteboard	smooth shiny	plastic
rubber	strong russ	rubber
shoelaces	smooth strong russ	iron ✓

Not all metals are magnetic. All magnetic materials are metal. ✓

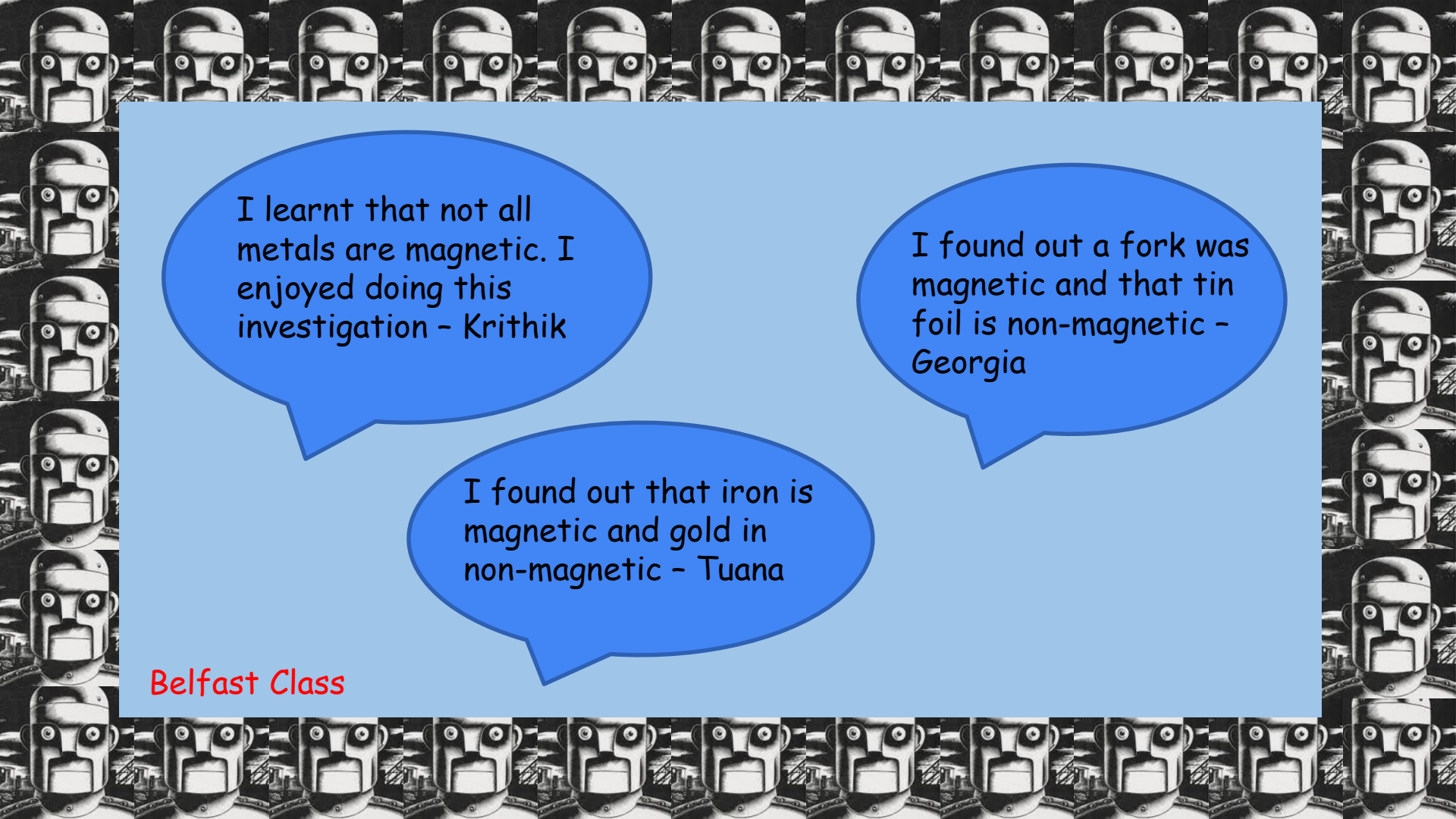
Michael

Friday 24th January
Strength of different magnets

	Reading 1	reading 2	reading 3	Average
Magnet 1	1.5N	1.4N	1.4N	1.4N
Magnet 2	3.5N	3.6N	3.5N	3.5N

This investigation shows that magnet two is more than magnet one. ✓

Oscar



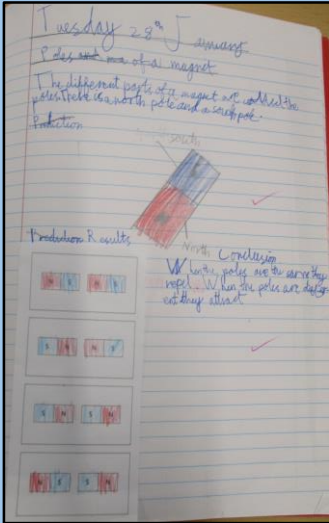
I learnt that not all metals are magnetic. I enjoyed doing this investigation - Krithik

I found out a fork was magnetic and that tin foil is non-magnetic - Georgia

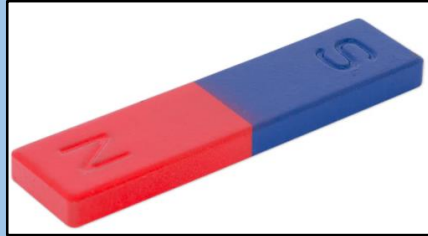
I found out that iron is magnetic and gold is non-magnetic - Tuana

Belfast Class

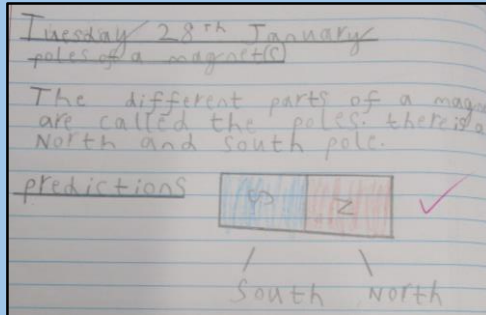
We also looked at how the different poles reacted with each other:



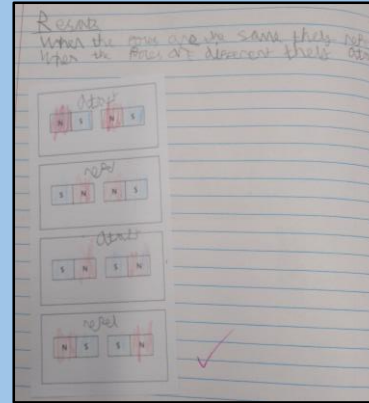
Atana



Julek

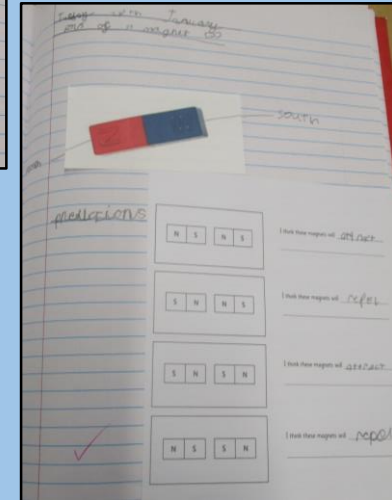


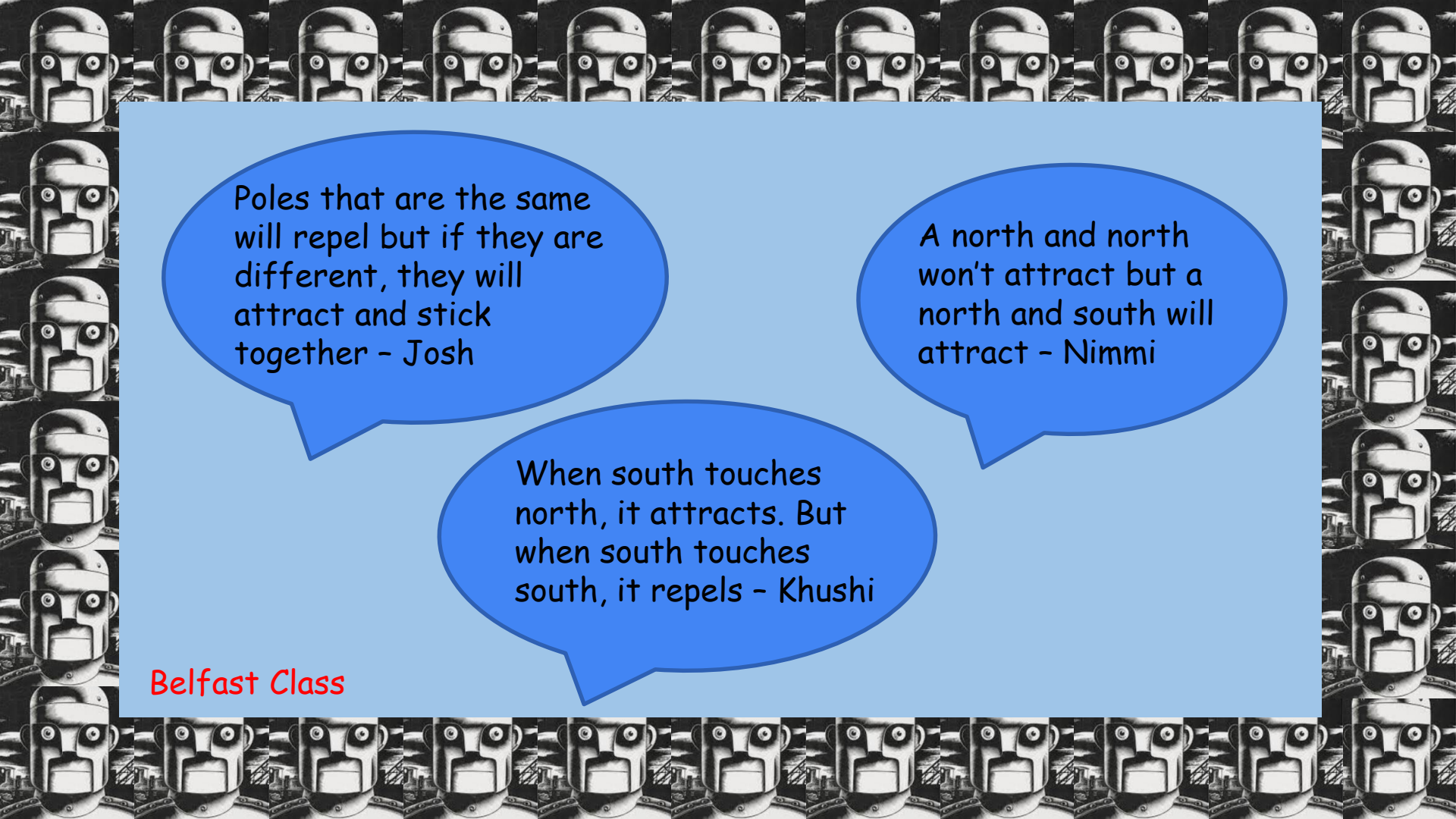
Belfast Class



Mikey

Mason





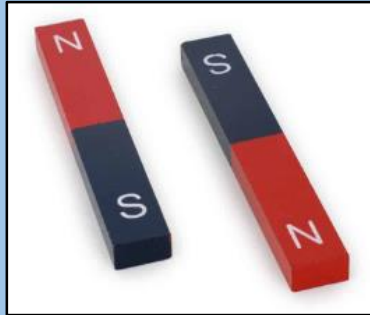
Poles that are the same
will repel but if they are
different, they will
attract and stick
together - Josh

A north and north
won't attract but a
north and south will
attract - Nimmi

When south touches
north, it attracts. But
when south touches
south, it repels - Khushi

Belfast Class

The science part of our project has involved investigations about magnets:



We used magnets to find things that were magnetic and non-magnetic.

Dublin Class

Friday 24th January 2025

Strength of different magnets (5)

X	Reading 1	Reading 2	Reading 3	Average
magnet 1	1.1N	1.3N	1.1N	1.1N
magnet 2	4.1N	3.9N	4.5N	4.1N

The investigation shows that magnet 2 is stronger than magnet 1.

Chloe

Friday 24th January 2025

Strength of different magnets (5)

X	Reading 1	Reading 2	Reading 3	Average
magnet 1	1.1N	1.3N	1.1N	1.1N
magnet 2	4.1N	3.9N	4.5	4.1N

This investigation shows that magnet 2 has more force than magnet 1.

Dublin Class

Sanjana

We carried out an investigation to see if all magnets were the same strength.

Friday 24th Jan 2025

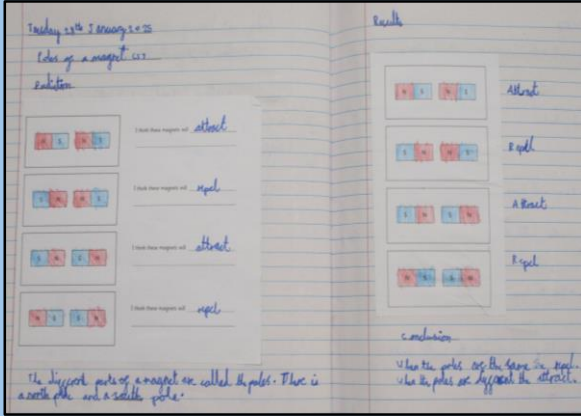
Strength of different magnets (5)

X	reading 1	reading 2	reading 3	Average
magnet 1	1.1N	1.3N	1.1N	1.1N
magnet 2	4.1	3.9	4.5	4.1

This investigation shows us that magnet 2 is stronger than magnet 1 as the bigger the magnet is the stronger the magnet is.

Rosie

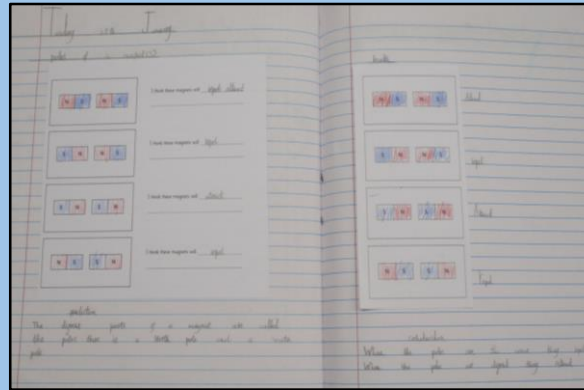
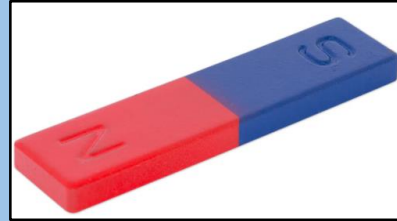
We also looked at how the different poles reacted with each other:



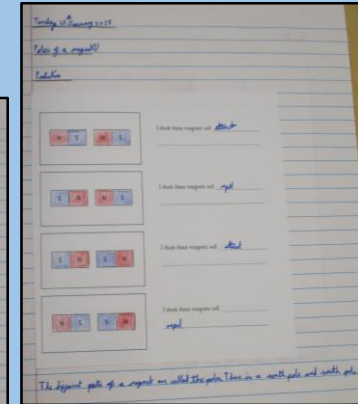
Amelia

We made predictions and then tested each situation to find our results.

Dublin Class



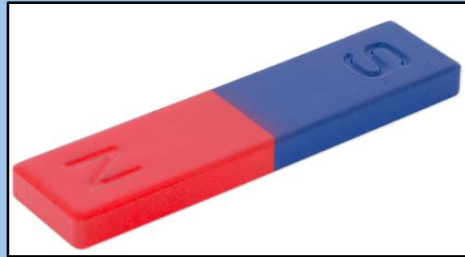
Riley T.



Hector

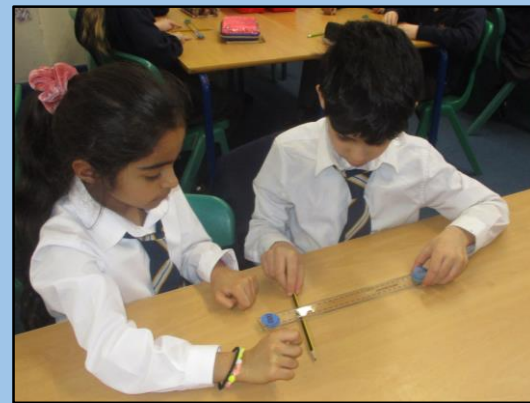
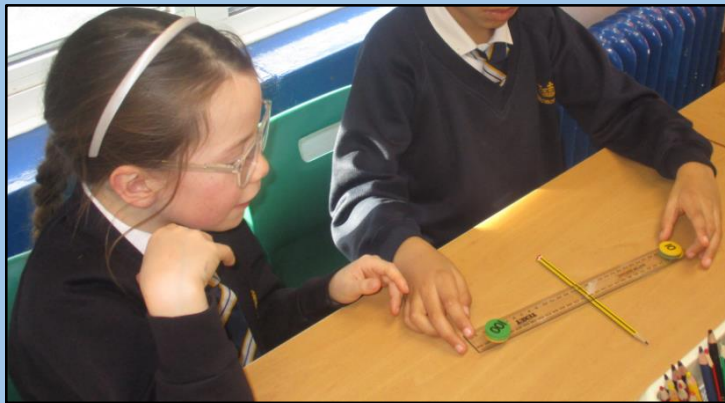
I liked that my magnets attracted some metal. I really enjoyed figuring out which were magnetic - Finn

I enjoyed seeing how it attracted and repelled. I liked that it could make the other magnet move without touching it - Oscar S.

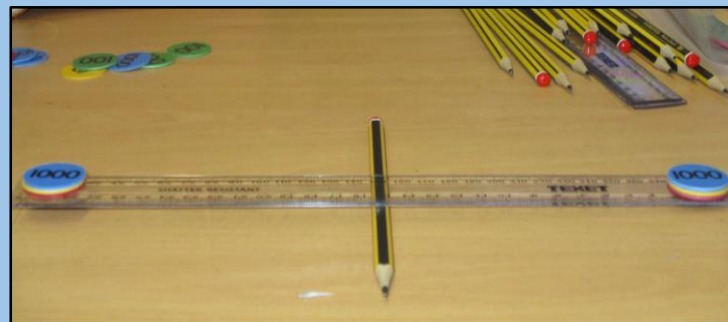


Dublin Class

Another investigation we enjoyed was about levers and how they work:



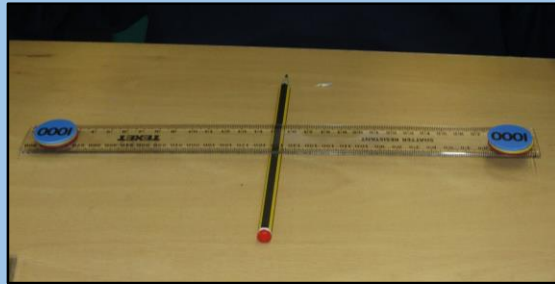
We used some counters, a pencil and a ruler and tried to find the pivot point for different combinations of load.



Belfast Class

If we moved the pivot point nearer to a heavy load we don't have to use as much force to work the lever - Eden

When we put a load onto one end, the other end went up - Mason



If the pivot point is not in the right place, one end will be harder to make go down - Pranavi

Belfast Class

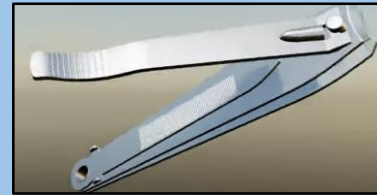
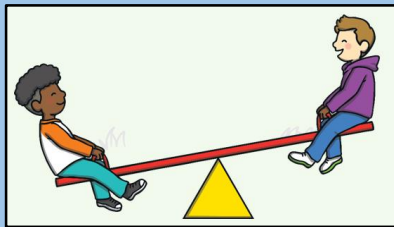
Another investigation we enjoyed was about levers and how they work:



We used a ruler to make a lever and tried to work out different points for the fulcrum with varying loads.

Dublin Class

We were learning how levers work and what they are used for. They are used for lifting heavy objects - Riley T.



We learnt about a nail clipper and how it works using levers. Levers make things easy to open and close. It was very interesting - Rosie

Dublin Class

For the innovate (final) part of our project, we had to design and make a companion for the Iron Man.

It needed to have a moving part and a magnetic part as part of the design criteria. It also needed to be made of recycled items.

We had a lot of fun doing this - as you will see!



DT....in action!



Can you spot a few body parts being made?

Belfast Class



DT....in action!



Everyone getting busy!

Belfast Class



My favourite part was making the head because it was accurate and looked like our plan - Jesse



I enjoyed making the head, especially the eyes and the ears - Skyler

I liked making the head and arms. I put the eyes on - Tawana

Belfast Class

DT....in action!



Some jobs presented quite a challenge!
We needed a friend to help.

Dublin Class



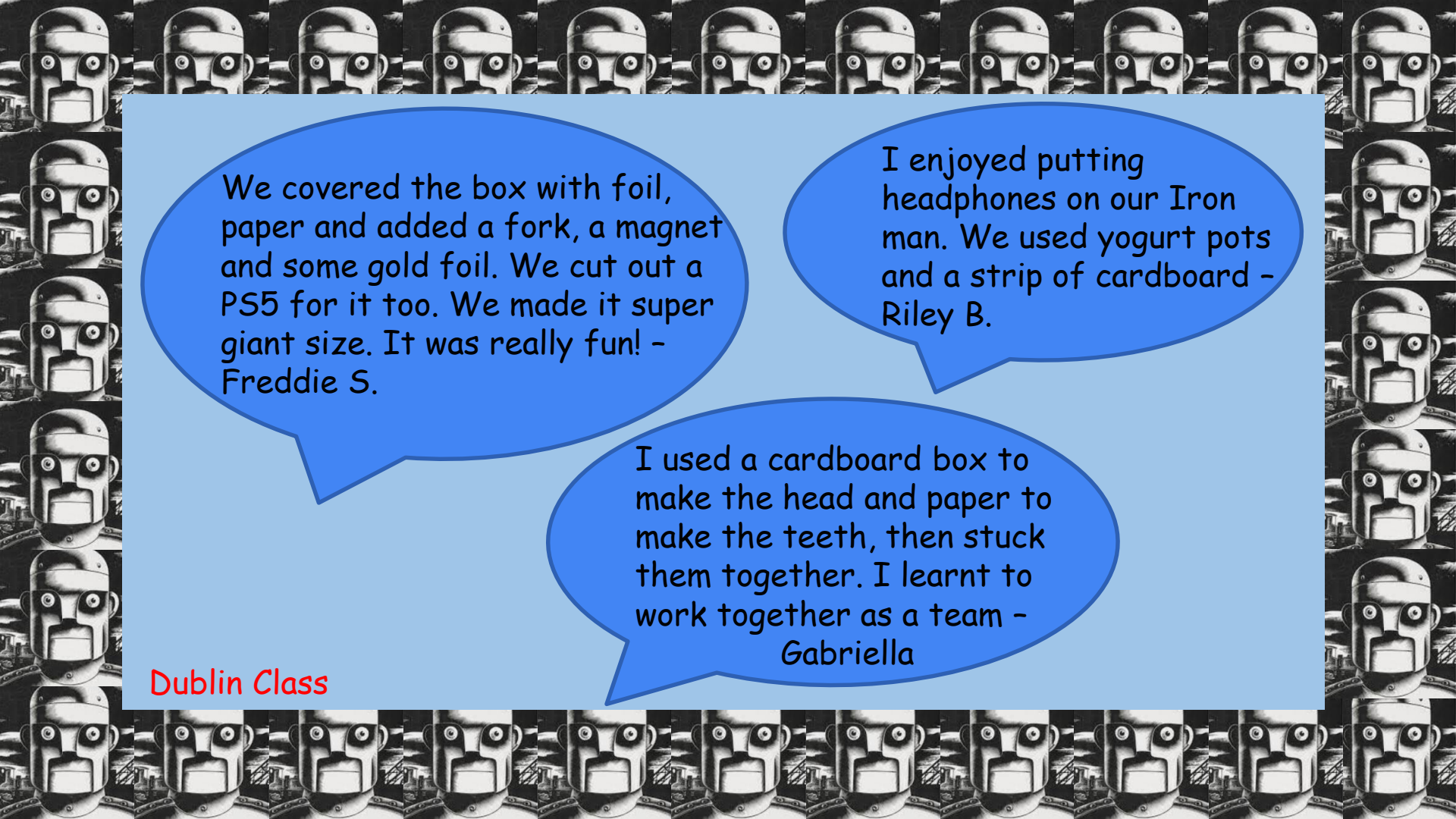


DT....in action!



Dublin Class

Builders, engineers, designers.....???



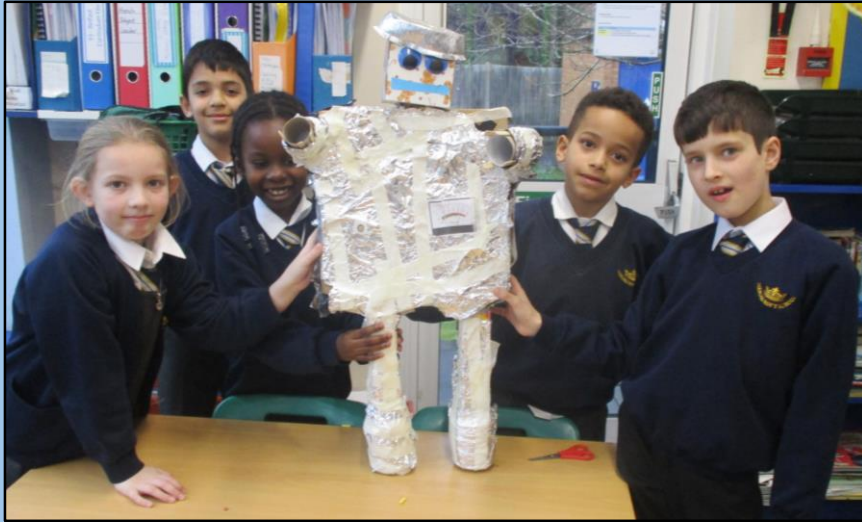
We covered the box with foil, paper and added a fork, a magnet and some gold foil. We cut out a PS5 for it too. We made it super giant size. It was really fun! - Freddie S.

I enjoyed putting headphones on our Iron man. We used yogurt pots and a strip of cardboard - Riley B.

I used a cardboard box to make the head and paper to make the teeth, then stuck them together. I learnt to work together as a team - Gabriella

Dublin Class

The finished product:



Belfast Class

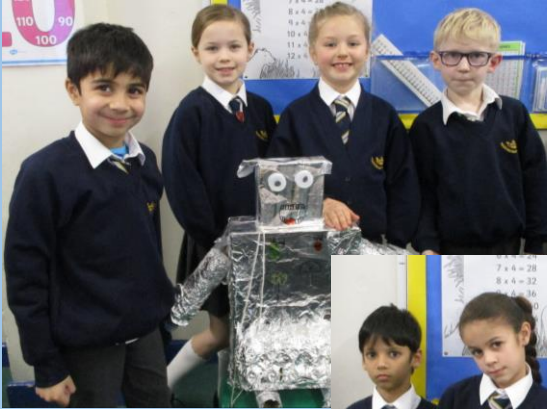
The finished product:



Belfast Class



The finished product:



Dublin Class

The finished product:



Dublin Class



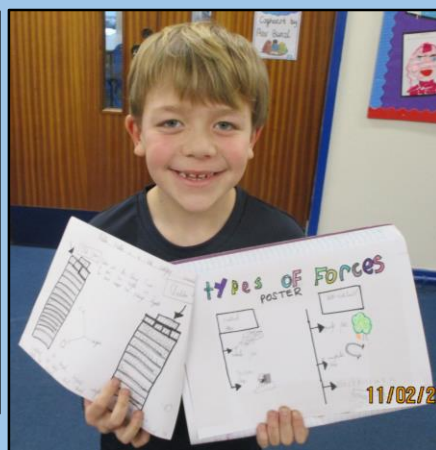
As you can see, the foil art task was very popular in Belfast Class and produced some beautiful designs.

Belfast Class

Some of our amazing
Home Learning!



Callan

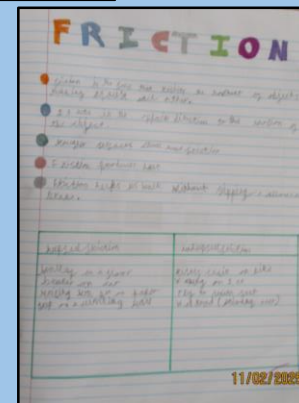


Filip

Some of our amazing Home Learning!

Dublin Class

In Dublin class, we completed a range of different tasks. Some of them were great fun to do.



We hope that you have enjoyed seeing all we have been doing this term.

Both of our projects have kept us very busy and we have learned many new things and lots of new skills.



Dublin Class

Belfast Class