



Saint Joseph's
CATHOLIC SCHOOL

A booklet of activities & recipes

Just For Fun!

For students in Year 7

ST JOSEPH'S CATHOLIC SCHOOL
CHURCH ROAD
LAVERSTOCK
SALISBURY
SP1 1QY



Food

Recipes to make:

- Coleslaw
- Chocolate & Pear Cake
- Fabulous Potato Salad
- Fruit Muffins
- Falafels



Textiles

Instructions to make:

- Sock Monkey
- Christmas tree decoration
- Fashion Illustration
- Felt Mouse



Graphics

Instructions to make:

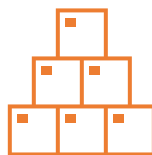
- Cheating Calligraphy
- Scale drawing
- One-Point Perspective



Product Design

Instructions to make:

- Shell Boats
- Cotton reel tanks
- Photo Frames
- Plaster candle holders





Ingredients

- ½ firm white cabbage
- 1 onion
- 2 carrots
- 3 tbsp mayonnaise
- 1 tsp curry powder (optional)
- A few fat sultanas (optional)



Method

1. Put the potatoes on to boil, they will be done when you can stick a knife in, don't overcook them
2. Chop pepper finely
3. Chop tomatoes into slithers remove seeds
4. Chop parsley
5. Peel and chop red onion
6. Place all vegetables into a bowl
7. Add the potatoes when they have cooled slightly
8. Drizzle over a tablespoon of French dressing
9. Serve just warm.



Food – Just for Fun!

Chocolate & Pear Cake Recipe

Ingredients

- 100g caster sugar
- 100g soft margarine
- 2 eggs
- 100g self-raising flour
- 1 pear
- 1tbsp cocoa powder



Method

1. Preheat the oven to 180c or gas mark 4.
2. Grease and/or line a cake tin.
3. Cream the sugar and margarine together, ideally using an electric hand whisk, until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the margarine and sugar.
6. Sieve the flour and baking powder into a bowl, or onto a plate or piece of greaseproof paper.
7. Fold the flour and baking powder into the mixture, a spoonful at a time.
8. Spread the mixture in the cake tin.
9. Core the pear and slice thinly.
10. Arrange the pear slices over the cake mix, and then sprinkle the cinnamon and sugar on top.
11. Place in the oven and bake for around 20 minutes, until golden brown and springy to the touch.
12. Remove from the oven and allow to cool.



Fabulous Potato Salad Recipe

Ingredients

- A small bag of jersey royal new potatoes
- 1 red onion
- 3 firm potatoes
- 1 red pepper
- A good handful of parsley
- French dressing



Method

1. Put the potatoes on to boil, they will be done when you can stick a knife in, don't overcook them
2. Chop pepper finely
3. Chop tomatoes into slithers remove seeds
4. Chop parsley
5. Peel and chop red onion
6. Place all vegetables into a bowl
7. Add the potatoes when they have cooled slightly
8. Drizzle over a tablespoon of French dressing
9. Serve just warm.



Food – Just for Fun!

Fruit Muffins Recipe

Ingredients

- 150g self-raising flour
- 50g caster sugar
- 1 egg
- 75ml milk
- 75ml vegetable oil (sunflower or similar)
- 50–75g fresh fruit or frozen fruit



Method

1. Put the oven on at 180c
2. In a large bowl put the flour and the sugar
3. Add the fruit
4. In a measuring jug, measure out the oil and the milk, add the egg, beat with a fork
5. Pour the milk mixture on to the dry ingredients
6. Stir very carefully with a plastic spoon
7. The mixture will look like a lumpy batter!
8. Put six muffin cases into a muffin tin
9. Spoon 1 tbsp of mixture into each muffin case
10. Cook until lightly brown and spring back when touched (15–20 mins)

Hot tips for interesting flavours:

- Lemon and poppy seeds (add the rind and juice of 1 lemon)
- Crush or chop finely a banana add with 1tsp of cocoa powder
- Grate an apple and add with a little cinnamon
- A few raspberries with chopped white chocolate

Ingredients

- 400g tin of mixed beans
- 400g tin of chickpeas
- 1 lemon
- 1 tbsp harissa
- 1 heaped tsp allspice
- 1 heaped tbsp plain flour
- 1 bunch fresh coriander
- Olive oil



Method

1. Drain the beans and chickpeas and put them into the processor
2. Finely grate in the lemon zest, then add a pinch of salt and pepper, the harissa, allspice, flour, and coriander stalks (reserving the leaves)
3. Blitz until smooth, scraping down the sides of the processor if needed
4. Scrape out the mixture and use clean, wet hands to quickly divide and shape it into 8 patties about 1.5cm thick
5. Put 1 tablespoon of oil into the frying pan and add the falafels, turning when golden and crisp

Why not try them wrapped in a tortilla with salad and a tomato salsa for a tasty lunchtime snack.



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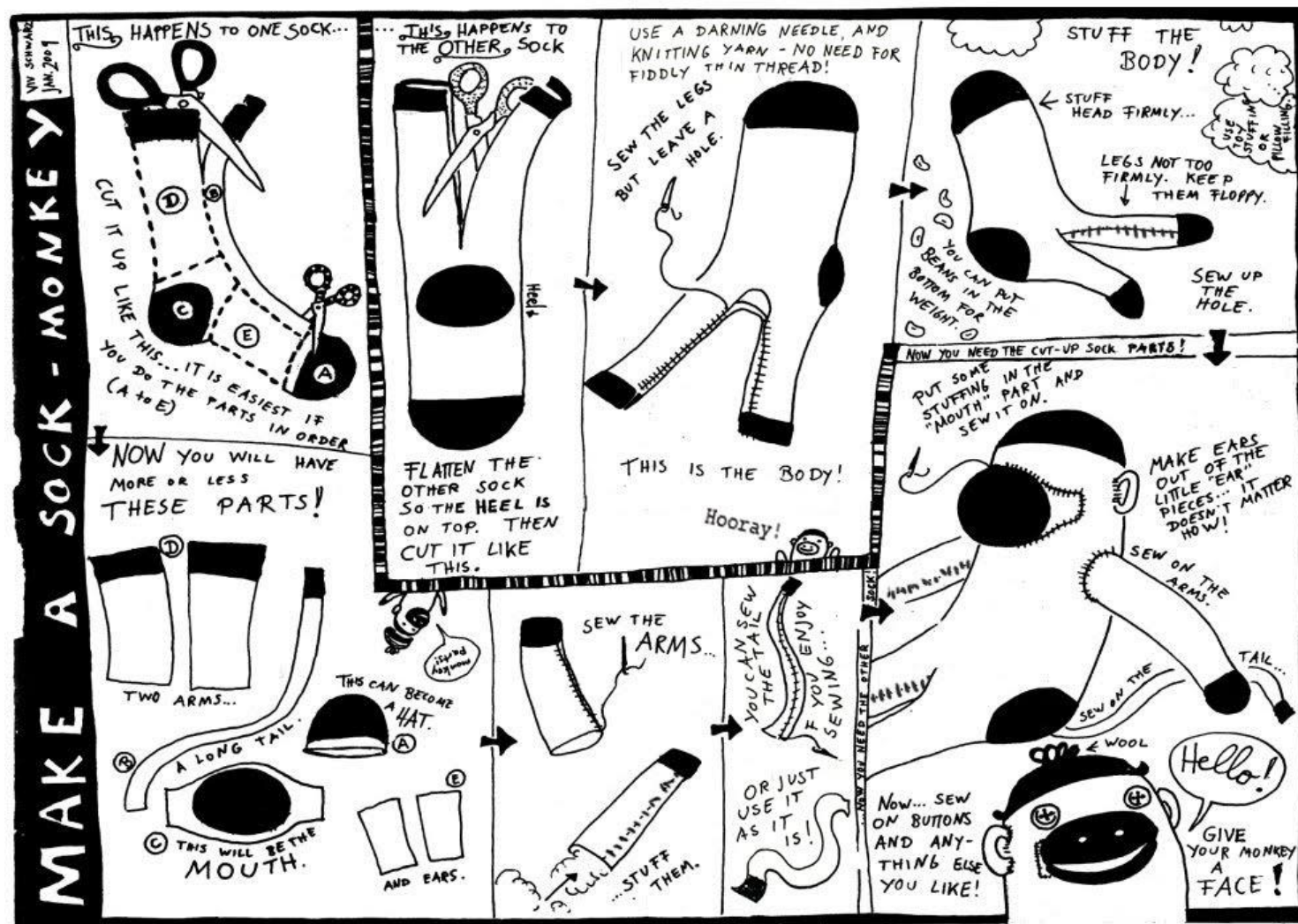
Textiles – Just for Fun!

Sock Monkey



You will need...

A sock
2 buttons
Needle
Stuffing
Sewing thread
Embroidery Thread
Fabric Shears

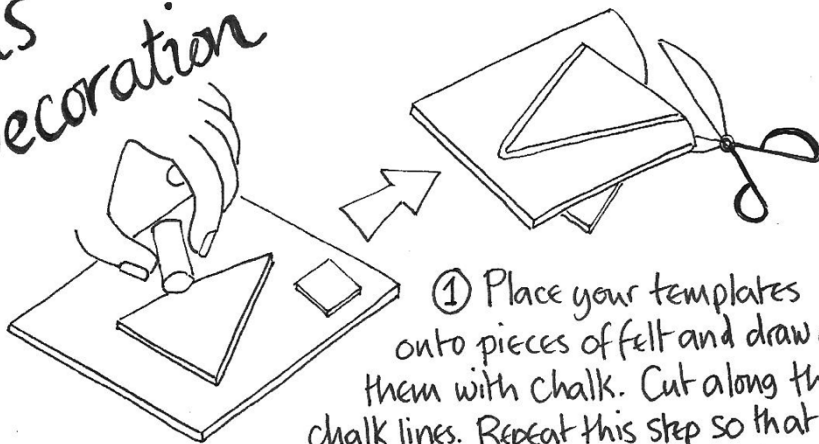




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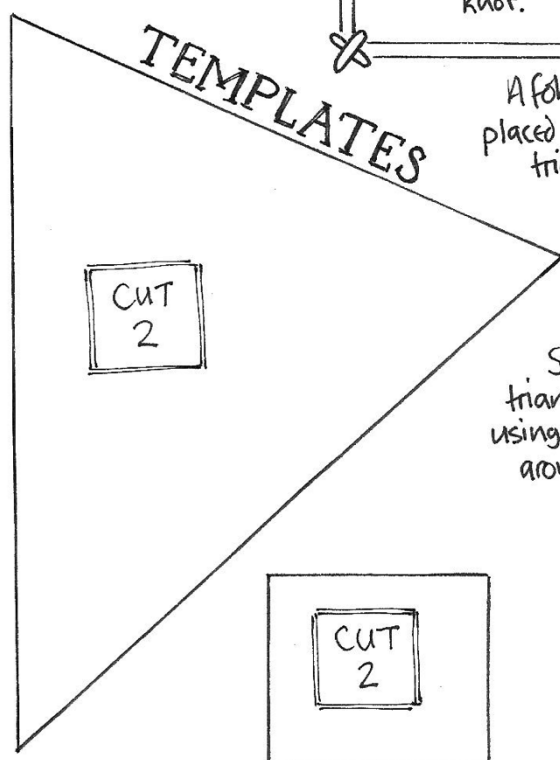
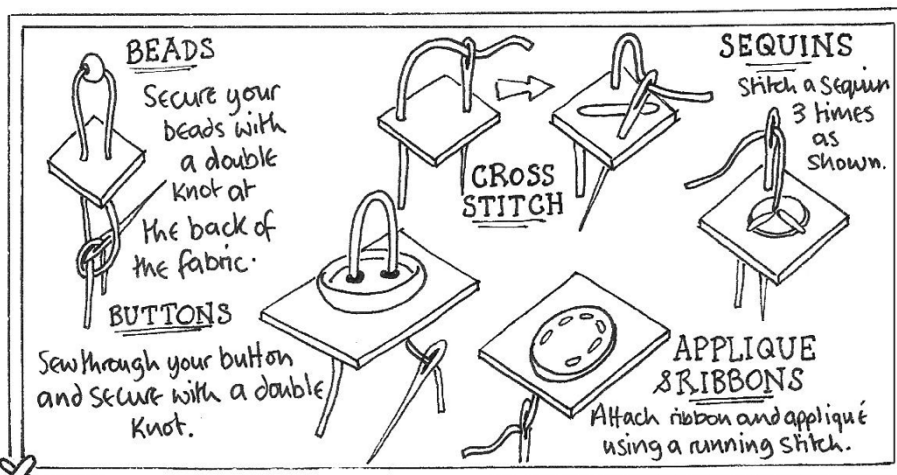
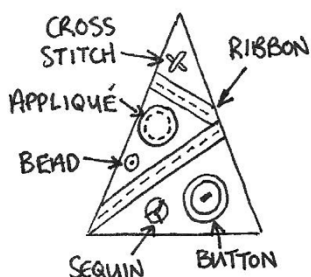
Textiles – Just for Fun! Christmas Tree Decoration

Christmas Tree Decoration



② Decorate each triangle separately.

① Place your templates onto pieces of felt and draw around them with chalk. Cut along the chalk lines. Repeat this step so that you end up with 2 triangle and 2 square felt shapes.



A folded piece of ribbon placed between the two triangles.

Leave a gap to stuff your decoration. Once stuffed, sew up the gap.

Sew the two triangles together using a running stitch around the outside.

Start your stitching halfway along one of the longer edges.

③

Place the two felt squares between the two triangles.

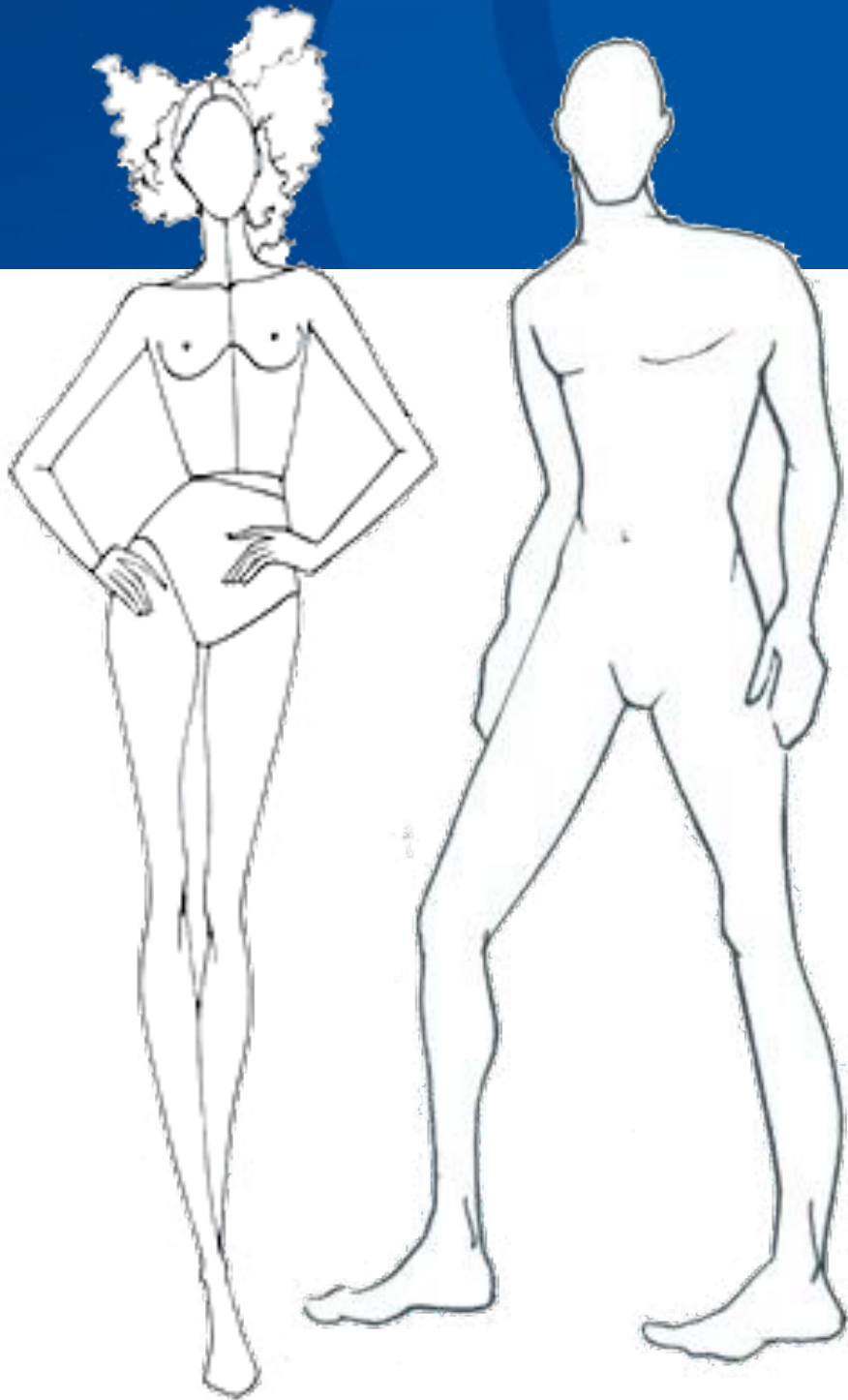


Textiles – Just for Fun!

Fashion Illustration



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Place some paper over the figure templates on the left and trace them, adding your own clothing ideas as you go.





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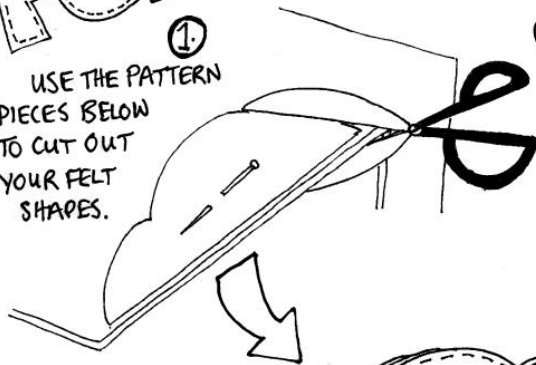
Textiles – Just for Fun! Make a Felt Mouse

Make a Felt Mouse

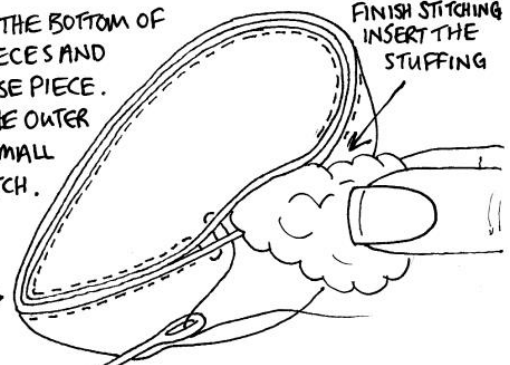


YOU WILL NEED:
SCISSORS • FELT • STUFFING •
NEEDLE • THREAD

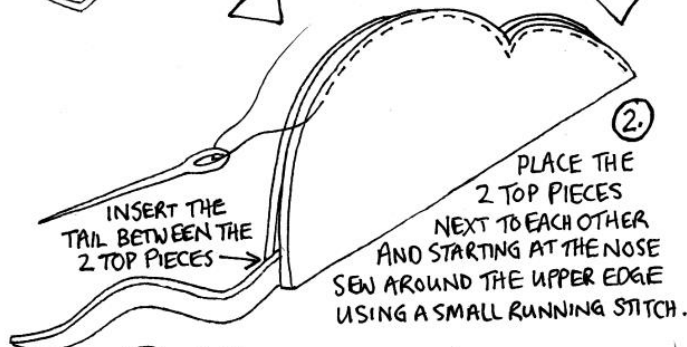
① USE THE PATTERN
PIECES BELOW
TO CUT OUT
YOUR FELT
SHAPES.



③ SEPERATE THE BOTTOM OF
THE 2 TOP PIECES AND
INSERT THE BASE PIECE.
SEW AROUND THE OUTER
EDGE USING A SMALL
RUNNING STITCH.

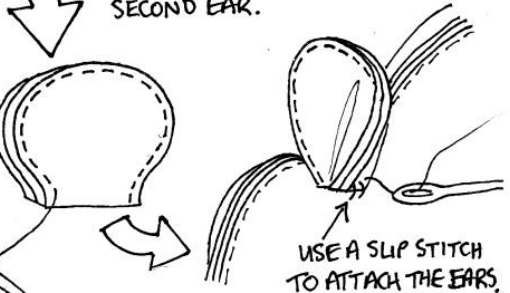


BEFORE YOU
FINISH STITCHING
INSERT THE
STUFFING



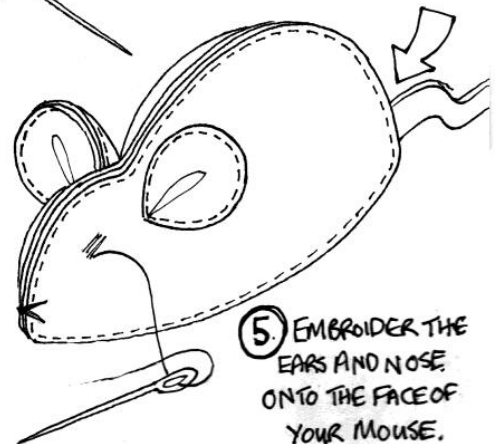
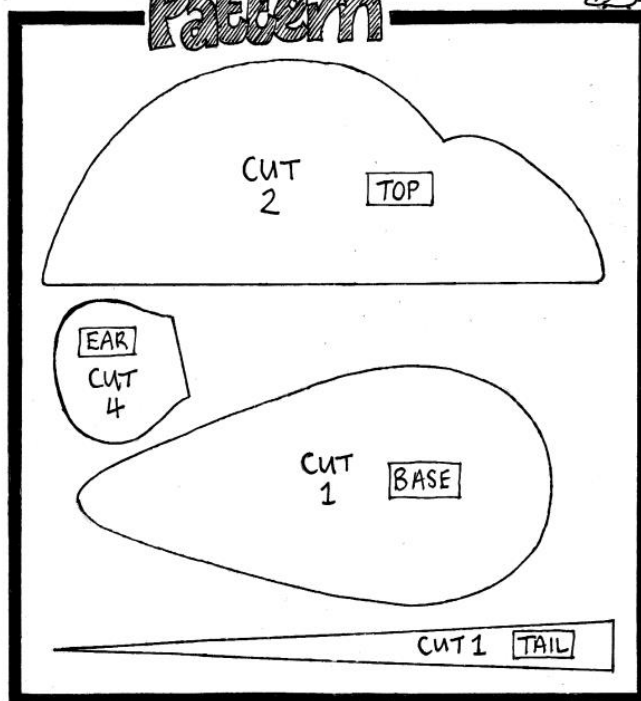
② PLACE THE
2 TOP PIECES
NEXT TO EACH OTHER
AND STARTING AT THE NOSE
SEW AROUND THE UPPER EDGE
USING A SMALL RUNNING STITCH.

④ PLACE 2 OF THE EAR PIECES
NEXT TO EACH OTHER AND
STITCH THEM TOGETHER AROUND
THE OUTER EDGE USING A RUNNING
STITCH. FOLD THE BASE OF THE EAR
AND STITCH IT ONTO THE BODY.
REPEAT THIS PROCESS FOR THE
SECOND EAR.



USE A SLIP STITCH
TO ATTACH THE EARS.

Pattern



⑤ EMBROIDER THE
EARS AND NOSE
ONTO THE FACE OF
YOUR MOUSE.





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Graphics – Just for Fun! Cheating Calligraphy

I call it “cheating” ... but it’s not, really! Sometimes you have to use this technique to write on irregular surfaces, and sometimes you just don’t want to deal with the mess of getting out all your calligraphy supplies.

Whether you’re a novice or an expert, an understanding of cheating calligraphy will come in handy!

To create cheating calligraphy, write out your phrase in simple cursive. Here, I am using a Pilot G2 pen. No worries if you aren’t writing like the sample below — just use the best cursive you can! This technique works with virtually any connected letters.



anyone
can create
calligraphy

After you have written using your simple cursive, you'll need to draw lines to denote the downstrokes.

A downstroke occurs when your hand moves downward to create part of a letter. With the "a", for example, that first curve down on the left is a downstroke, then you swoop up to the right, and down again for the right leg of the "a".

*anyone
can create
calligraphy*

Once you've gone over your letters again with those lines, fill them in, as I have below:

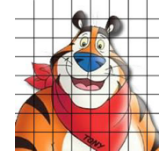
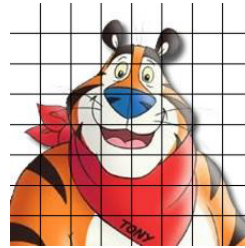
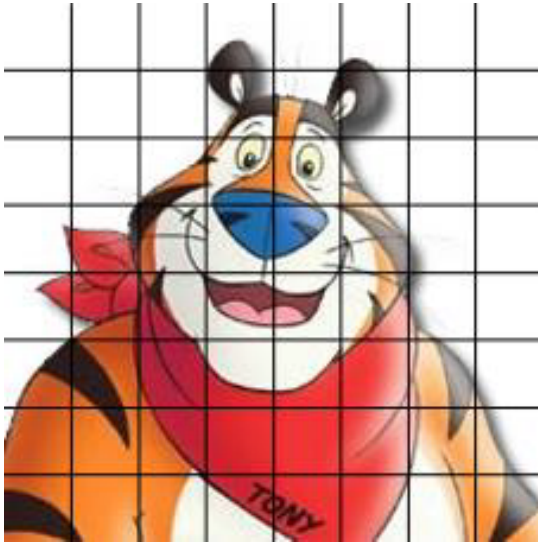
*anyone
can create
calligraphy*



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Graphics – Just for Fun!

Scale Drawing



Use the grid below to
enlarge the picture
provided so that it is
twice the size. Copy one
square at a time.





Graphics – Just for Fun!

One Point Perspective

This guide helps you to move from drawing simple blocks to creating more complex forms by stacking, cutting holes, and adding unusual angles.

Begin by drawing a series of blocks in one point perspective, above and below the vanishing point.

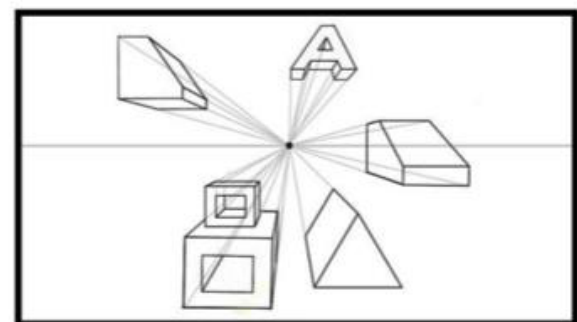
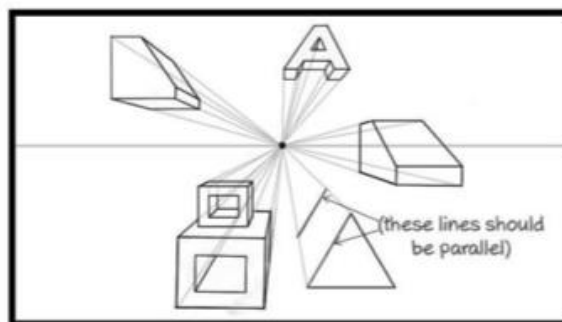
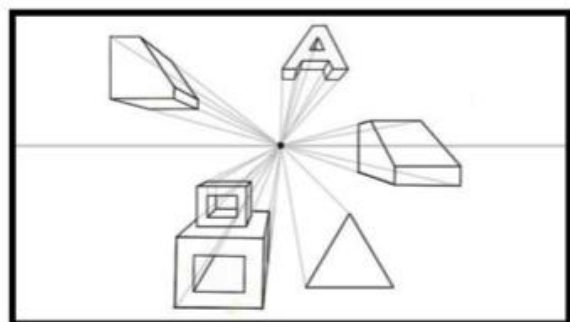
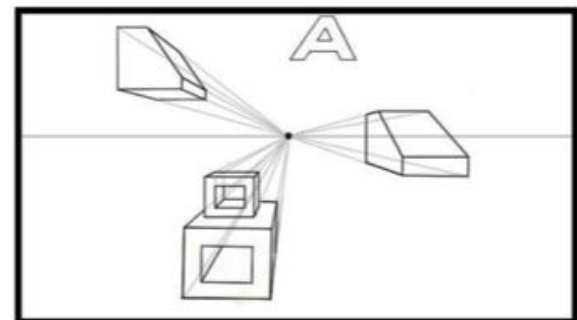
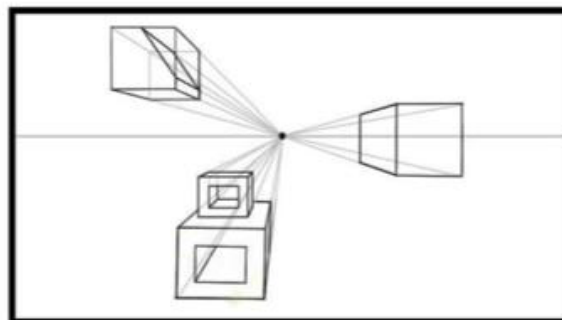
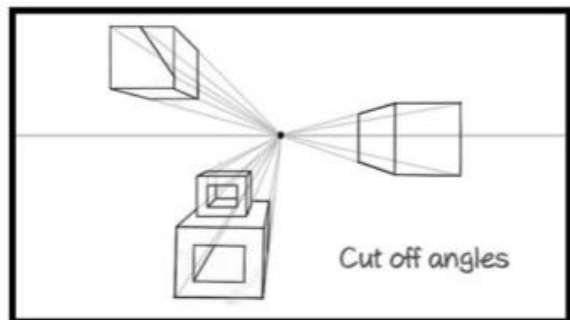
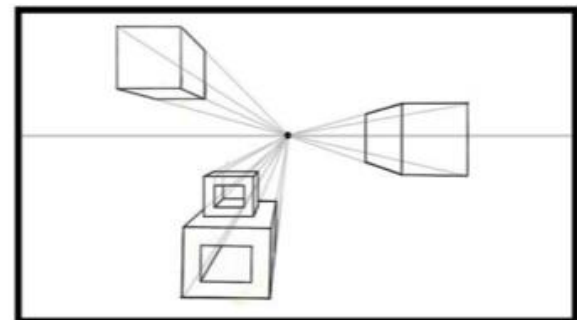
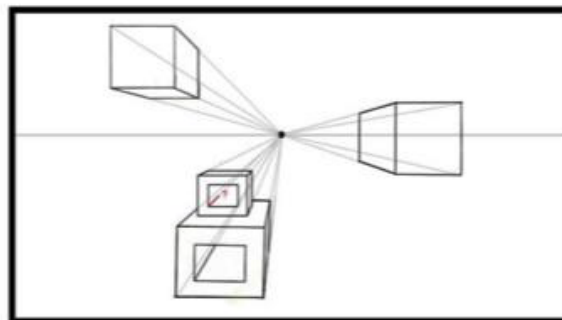
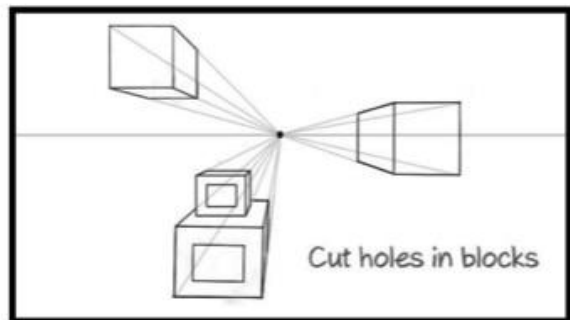
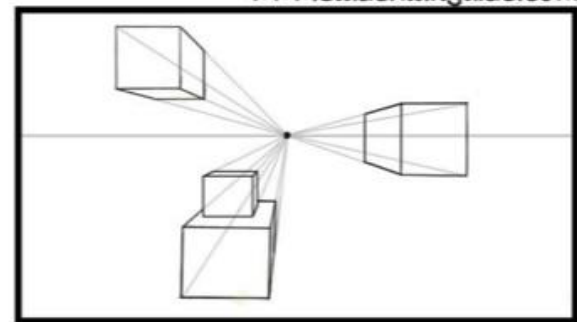
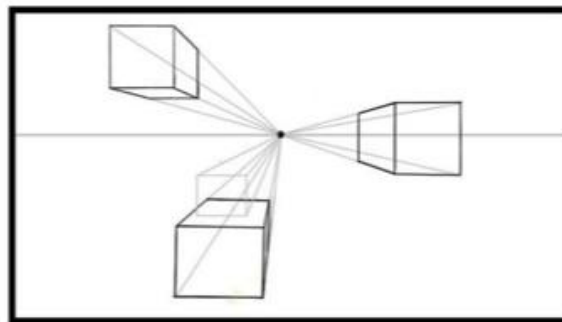
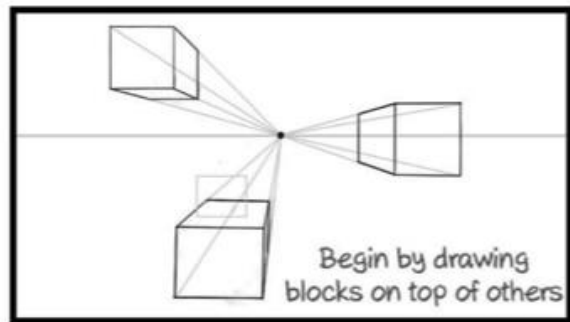
Then draw other blocks sitting on top or beside these blocks.

Draw rectangular holes cutting through some of the blocks. Remember you may need to draw construction lines to find where the back edge of the hole will be.

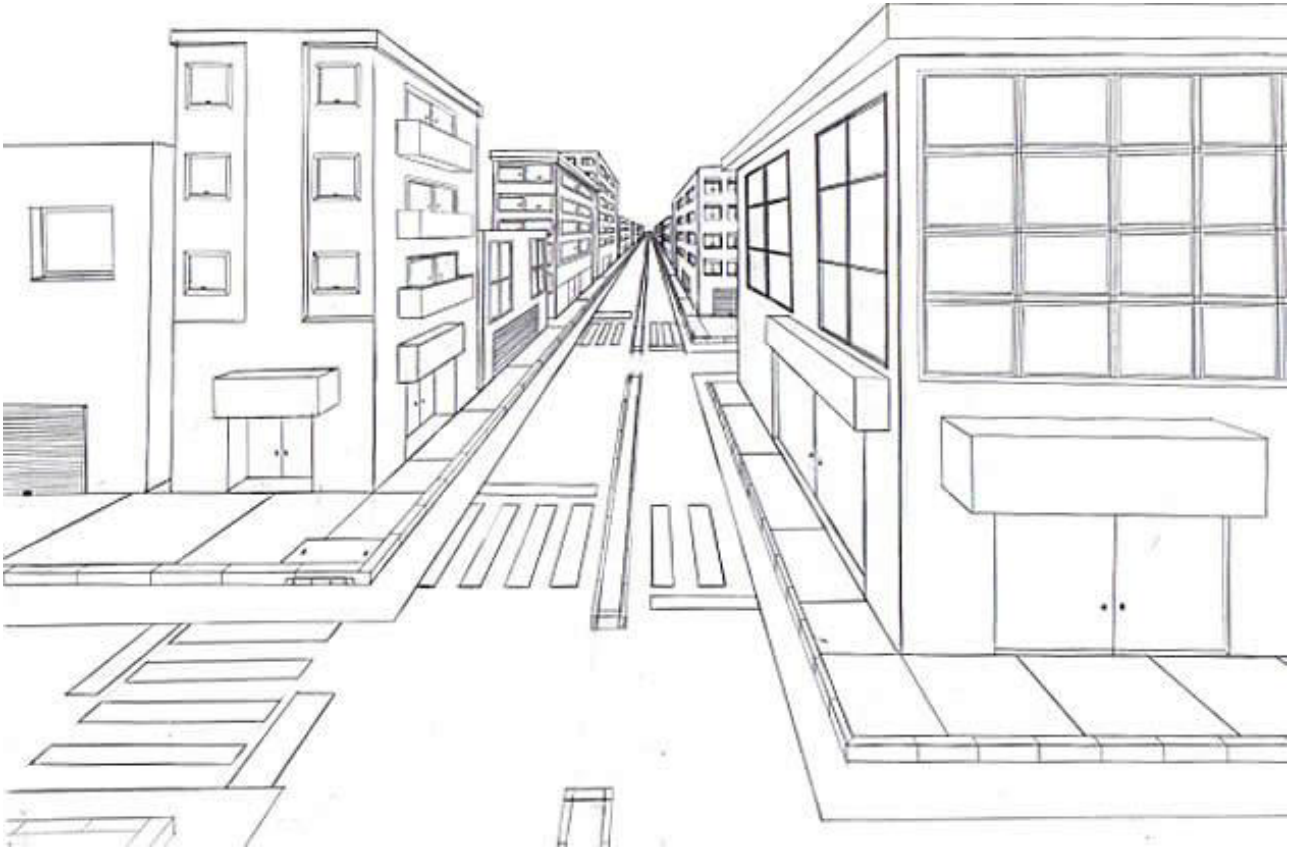
Slice off different edges of the blocks on unusual angles.

In the gaps around the block, add more complicated forms, such as letters and triangular shaped blocks.

See the next page for an example!



Copy the images below, or if you are feeling brave, have a go at writing your name or creating your own street scene using one point perspective.



I LOVE ART

Product Design – Just for Fun!

Nutshell Boats

The chipmunks and squirrels have been very busy around our home, and they have been leaving behind the loveliest broken nutshells, perfect for making these little sail boats. They are simple and fun to make and really do float so nicely along the cool water.



You will need: One half of a nut, a toothpick, some pretty paper, a pair of scissors, glue, a candle, and a match.

1. First, cut the paper in the shape of a sail (a little triangle)
2. Put a bit of glue on one side of the toothpick (the length of the sail) and press the paper onto it gently
3. Depending on the size of the nut you are using trim off a bit of the toothpick, so the sail is not too tall!
4. Now light your candle and by tilting it slightly let some of the wax drop into the nutshell. Fill it up as much as possible so the toothpick will have a lot of support. Make sure that you are supervised by an adult for this step.
5. Let the wax cool slightly and when it has set a bit push the toothpick into it to create the finished sail.



Product Design – Just for Fun!

Cotton Reel Tank

CHALLENGE

09 COTTON REEL TANK



THE BRIEF

BUILD A TANK OUT OF A COTTON REEL.

MATERIALS

A cotton reel, a long white candle, an elastic band, sticky tape, 2 match sticks.



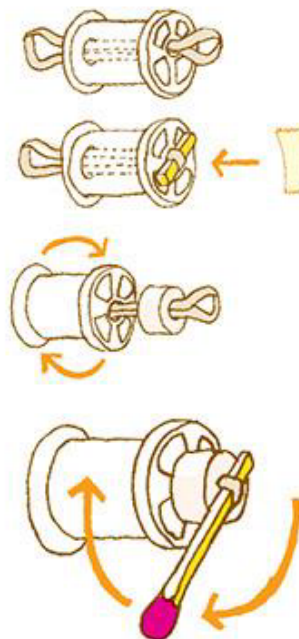
THE METHOD

Thread the rubber band through the cotton reel.

Break one match stick in half. Tie one end of the rubber band around the half match stick and secure it to the end of the cotton reel using sticky tape.

Cut an inch off the candle off and use a pencil to make a hole in the middle of it. Thread this onto the other end of the rubber band. Place the other match through the loop of the band.

Wind up the match to create tension. Place it on the floor and let it go.



DESIGN ICONS



In a car, potential energy exists in the form of liquid gasoline. It is converted into kinetic energy as the fuel is ignited in the engine's combustion chamber.

HOW DOES IT WORK?

Winding up the elastic band creates potential energy. Once the band is released this stored energy converts into kinetic energy, causing the tank to move.



Product Design – Just for Fun!

DIY Picture Frame

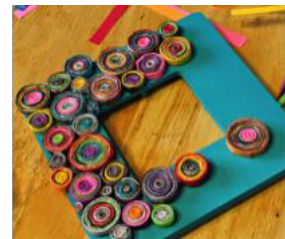
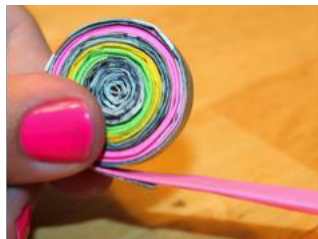
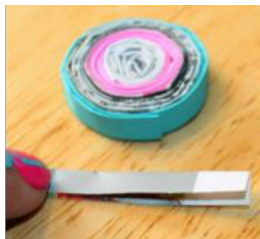
What you will need:

- Coloured paper and/or an old magazine
- Wooden frame or corrugated cardboard
- Scissors
- Sticky tape
- Either a quilling tool or a toothpick
- PVA glue or a hot glue gun
- Poster or acrylic paint for the frame



Method

1. If you are making your own frame started by cutting your frame out of the corrugated cardboard.
2. Paint your frame using either poster or acrylic paint.
3. Leave the frame to dry.
4. Using scissors cut the magazine and or coloured paper into 1cm strips.
5. Fold the strips in half lengthways.
6. Wrap the strips around the toothpick or quilling tool to start each roll. Once it is big enough to roll with just your fingers remove the tool.
7. To make larger rolls join the paper strips together using the sticky tape.
8. Secure the end of each roll with a small strip of sticky tape.
9. Create enough rolls of varying sizes to completely cover the frame.
10. To finish, stick the rolls to the frame using PVA or a hot glue gun. If you are using a hot glue gun, make sure that you are supervised by an adult.



Product Design – Just for Fun!

Stripy Plaster Candle Holders

What you will need:

- Powder plaster
- Plastic container for mixing
- Silicone square mould/large ice cube tray
- Tea lights
- Acrylic paint and paintbrush
- Metal or wooden spoon



Method

1. Scoop powdered plaster into a small container and mix with water according to directions.
2. Stir water and plaster mixture until you achieve desired consistency, which should be similar to pancake batter. Plaster sets very quickly, so you'll want to work fast.
3. Pour mixture into square mould or gently scoop the mixture in with a spoon.
4. Wait 2–3 minutes for it to start to set up. While it's setting up, remove the candles from the metal shell they sit in. Place one shell in the top of each square. Then add coins or other small heavy objects to weigh it down, so it stays in place.
5. Set aside and allow the plaster to harden for at least an hour (dry time may vary).
6. Carefully remove the plaster cubes from the mould one at a time and let them finish air-drying for a full 24 hours.
7. Now that your cubes are completely dry, you can seal them with matte medium (optional) and then begin painting them.
8. Wait for the votives to dry completely, add the candles back into the tea light shells, and you are done!

