

F2 explore how
to make
porridge and
taste it!



We know that when Goldilocks visited the Bears' Cottage she tried their porridge.

The children could remember that Daddy Bear's porridge was too salty.

Mummy Bear's porridge was too sweet.

But Baby Bear's porridge was just right.

We decided that we wanted to try all 3 flavours and see what we thought.



What do we need to make porridge?

Teddy : Mummy puts custard in porridge.

Jamie : I haven't tried it before.

Rory : I've had porridge with cookies in.

Rellie : I think flour goes in the mixture.

Peach : Milk.

Georgie : Hot water in, then mix it. You wait for a minute for it to cool down then you can eat it.

Edison : Sugar.

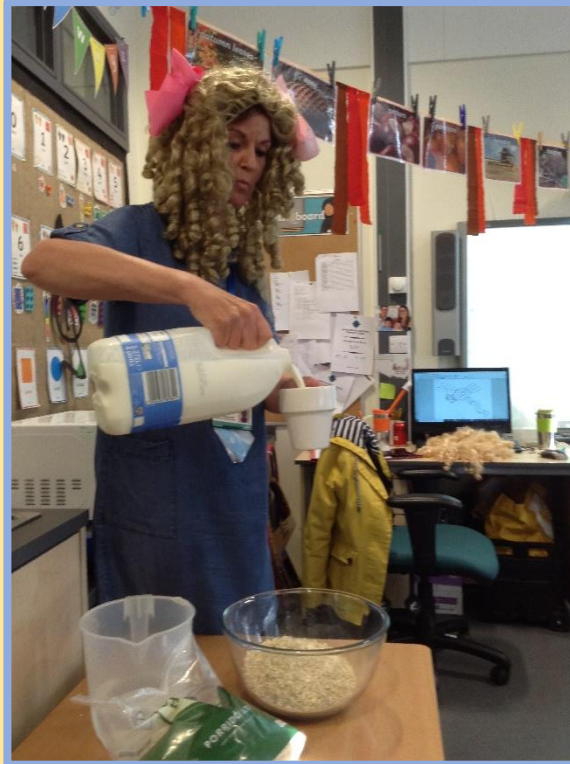
Alexa : You put eggs in it.

Rory : Oats.



It was time to start making our porridge. After all the different ideas we decided that all we needed was oats, milk and water.

Goldilocks and her helper measured out the same amount of oats, milk and water.





Goldilocks didn't think it looked quite right though.

Lacie : It looks like soup.

Isla : Cook in it the microwave.

What will happen to it in the microwave?

Evie : It'll warm it up.

Rory : My porridge (at home) looked soft. Not watery and milky or runny.

So we put the mixture in the microwave. Let's see what happened...

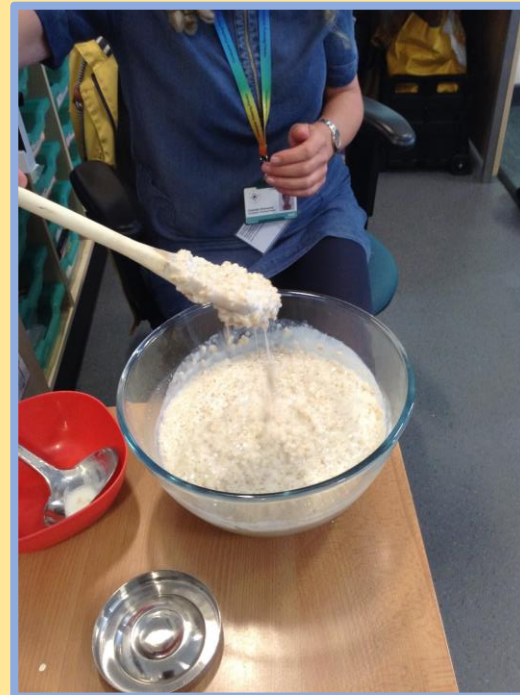
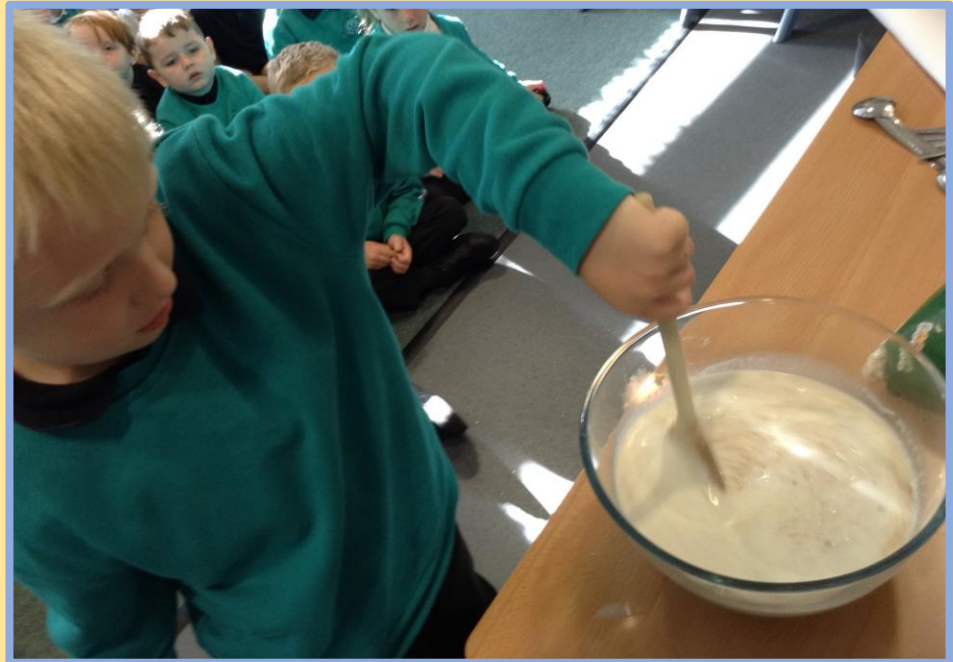


William : When it first went in it was runny but now it's been in the microwave it has gone thicker.

Evie : It's a bit gooey.

It needed lots of cooking before it was ready. It slowly got hotter and hotter and thicker and thick.

At last it was ready to try!





When the porridge mixture was ready, Goldilocks shared it into 3 bowls. We had salt (for Daddy Bear's porridge) and sugar (for Mummy Bear's porridge) but nothing to add to Baby Bear's.



We talked about the fact that salt and sugar are not good for us so we knew that Baby Bear's was the healthiest porridge!

Goldilocks' helper added salt to Daddy Bear's porridge. Goldilocks tried it but she didn't like it at all! It was too salty! A few children DID like the salty porridge though. Lots of salt isn't good for our bodies though.





The next helper added sugar to Mummy Bear's porridge. Goldilocks tried it but she said it was too sweet.

However, lots of the children liked it because it was so sugary. We talked about how bad it was for us though and that the sugar made the porridge really unhealthy.



Goldilocks and Goldilocks liked Baby Bear's porridge best of all. Not too salty and not too sweet, just right! And it was the healthiest of our porridge mixtures too!

Which was your favourite?



Which porridge did you like best?

Kieran : Baby Bear's porridge was best, it wasn't too sweet, it wasn't too salty.

William : Mummy Bear's because it was very sweet.

Teddy : I liked Baby Bear's and Daddy's because I've never tried those ones.

Charlotte W : Baby Bear's.

Georgie : Mummy Bear's. The Mummy one, it was so sweet and sugary.

Brandon : Do you know which one I liked best? I liked Baby Bear's because it didn't have nothing in and it was just plain.

Edison : None. Because me hate them foods.

When we had finished we asked a very important Scientific question! If we cooled the porridge right down, could we turn it back into oats, milk and water?

Leo : NO! You can't change it back now!

Well done Leo, that's very clever!

