



REDWOOD PARK
ACADEMY

GUNWHARE CLASS

Week Beginning: 15/06/2020

FOOD CHALLENGE

MAC AND CHEESE Ingredients

80Z Macaroni uncooked

Cheese Sauce

2 TBS Butter

2 TBS Flour

1/2 TSP Sea Salt

1/4 TSP Garlic Powder

1 Cup of Whole Milk

2 Cups of Shredded Cheese

Recipe

<https://joyfoodsunshine.com/homemade-mac-and-cheese/>



Random Act of Kindness

CAR WASH!!

If you have a family car, it may be in need of a good wash, inside and out! So help your parents/carers by giving their car a good scrub!



PE CHALLENGE

Sit up Challenge

During Lockdown, you may have over indulged a little bit! So a great way to keep trim and keep fit is Sit Ups. How many can you do in one go??

Music

Drawing and Music!

Music and Art go hand in hand. So put on a song that you like and draw pictures of how it makes you feel. You can use bright colours and any other accessories you like!

