

Cognitive Load Theory (CLT)





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I've come to the conclusion Sweller's Cognitive Load Theory is the single most important thing for teachers to know bit.ly/2kouLOq

♡ 644 6:16 PM - Jan 26, 2017



The catalyst

w	r	e	t	r	i	e	v	a	l	i
a	o	v	e	r	l	o	a	d	h	n
g	e	r	m	a	n	e	g	s	j	t
s	k	l	k	m	y	u	f	c	k	r
t	e	s	t	i	n	g	d	h	l	i
d	j	z	n	q	n	i	s	e	z	n
f	h	x	b	w	t	g	a	m	x	s
m	o	d	a	l	i	t	y	a	c	i
g	h	c	v	e	r	o	p	b	v	c
e	x	t	r	a	n	e	o	u	s	n

Training Activity 1:

w	r	e	t	r	i	e	v	a	l	i
	o	v	e	r	l	o	a	d		n
g	e	r	m	a	n	e		s		t
			k					c		r
t	e	s	t	i	n	g		h		i
					n			e		n
						g		m		s
m	o	d	a	l	i	t	y	a		i
										c
e	x	t	r	a	n	e	o	u	s	

Training Activity 1:

What is the name of the academic behind Cognitive Load Theory?

Which academic said CLT is the most important bit of research in education?

What are the 2 key issues for teachers when thinking about Cognitive Load Theory?

4. What are the 3 types of cognitive load?

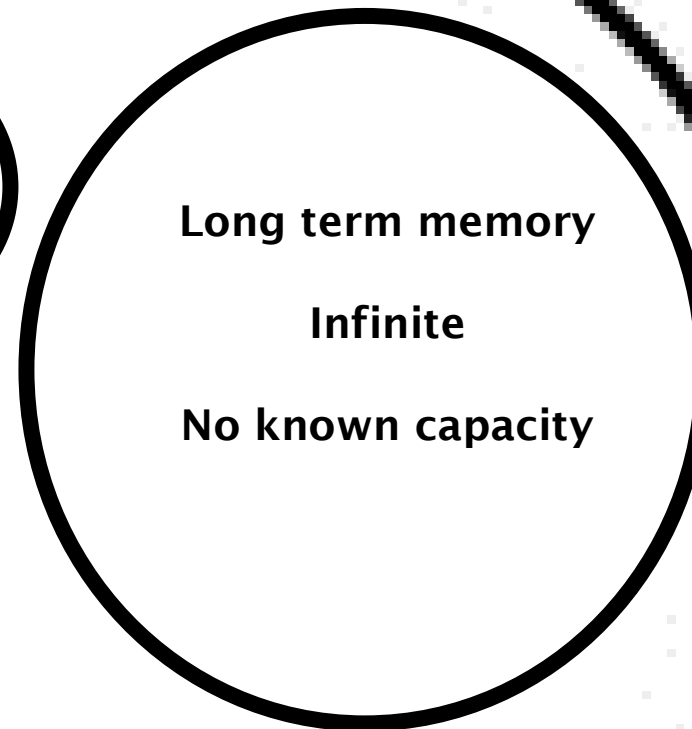
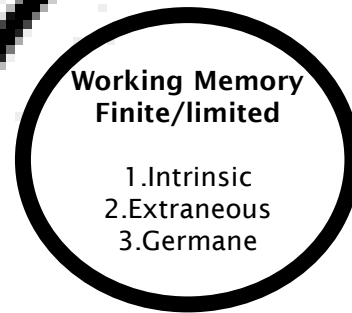
What is the most effective technique to get knowledge into the long term memory?

6. Create a definition for Cognitive Load Theory

Training Activity 2:

The 'novice' learner

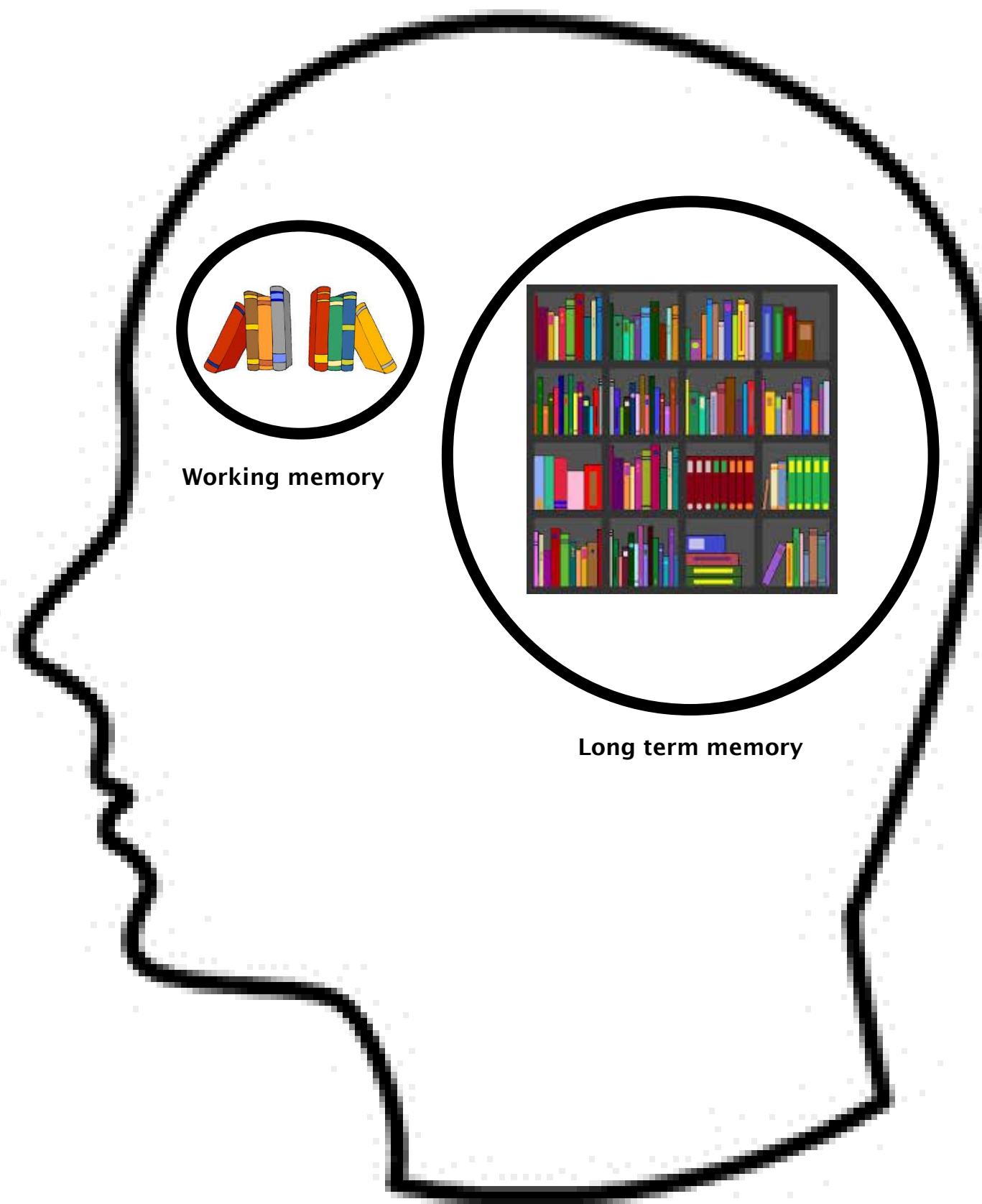
(WM) What we are
conscious of in the
'now'



(LTM) What we draw
from when
we have to recall
something



Training Activity 3:



An analogy

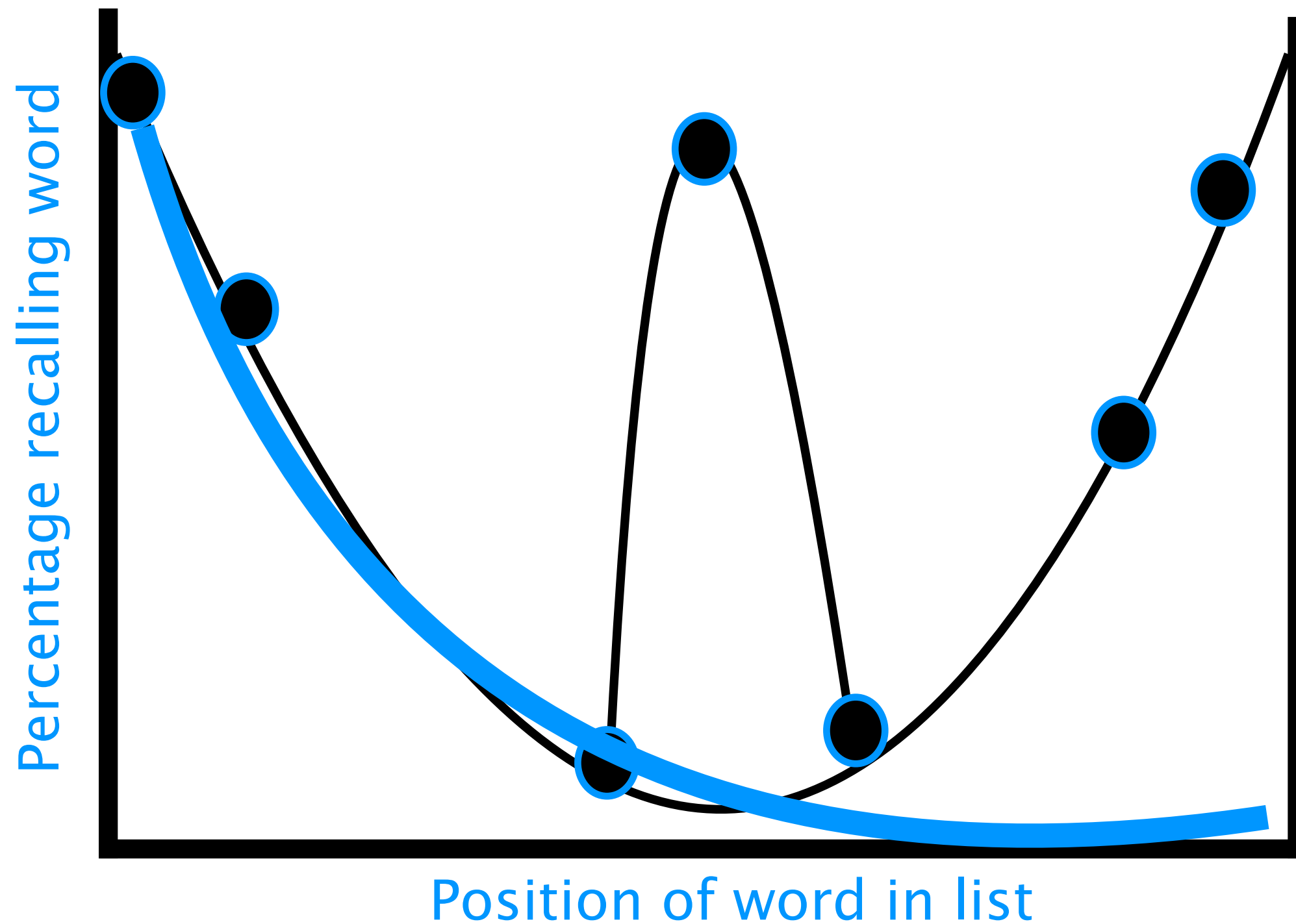
Workings of working memory revealed

by Oxford University



Training Activity 4:

‘Primacy and Recency’ Effect



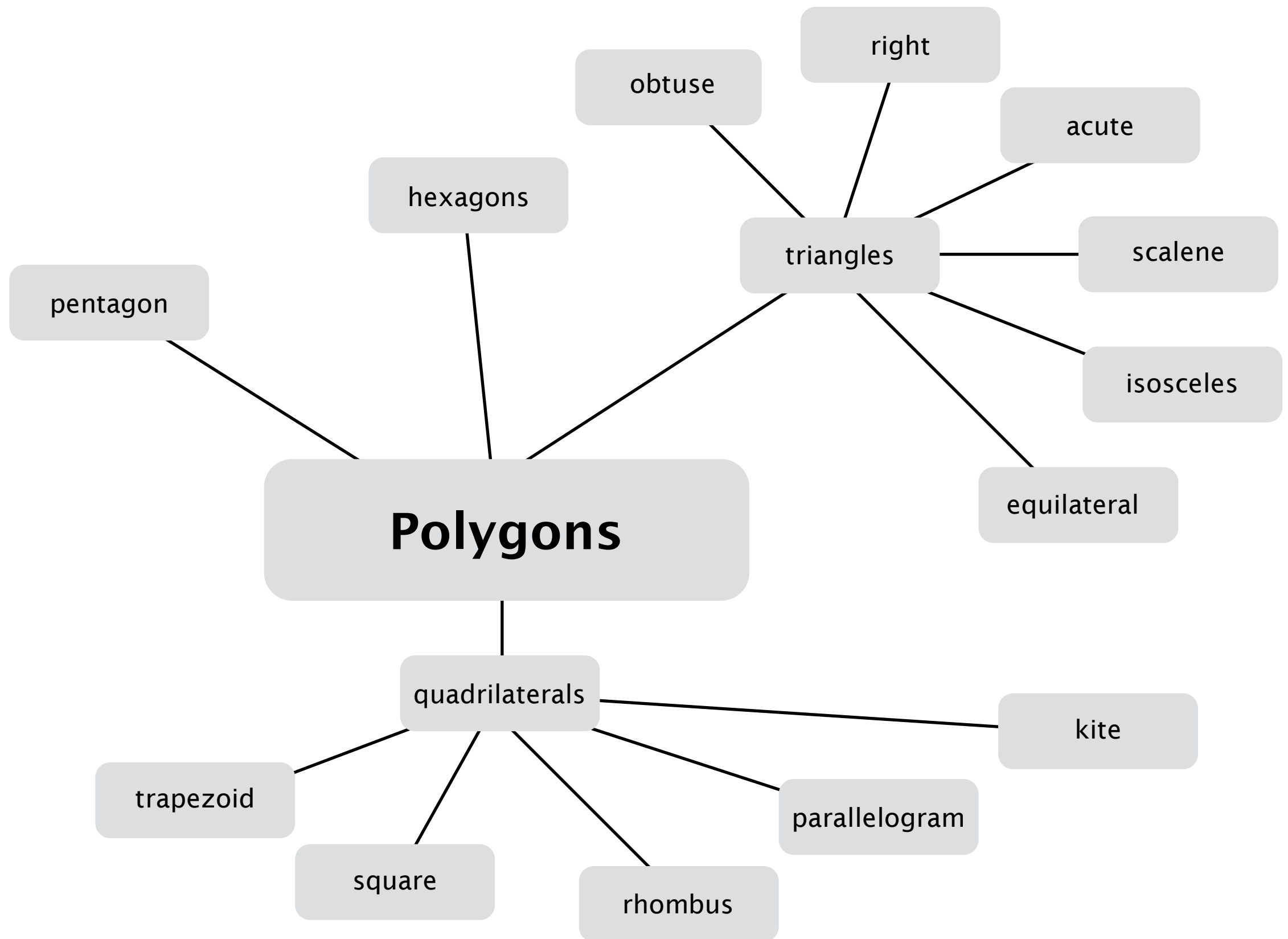
The Magical Number Seven,
Plus or Minus Two



George A. Miller

Training Activity 5:





Multiplication and division vocabulary

Term	Definition	Example
factor	a number that divides exactly into another number	factors of 12 = 1, 2, 3, 4, 6, 12
common factor	factors of two numbers that are the same	common factors of 8 and 12 = 1, 2, 4
prime number	a number with only 2 factors: 1 and itself	2, 3, 5, 7, 11, 13, 17, 19...
composite number	a number with more than two factors	12 (it has 6 factors)
prime factor	a factor that is prime	prime factors of 12 = 2, 3
multiple	a number in another number's times table	multiples of 9 = 9, 18, 27, 36...
common multiple	multiples of two numbers that are the same	common multiples of 4 and 6 = 12, 24...
square numbers	the result when a number has been multiplied by itself	25 ($5^2 = 5 \times 5$) 49 ($7^2 = 7 \times 7$)
cube numbers	the result when a number has been multiplied by itself 3 times	8 ($2^3 = 2 \times 2 \times 2$) 27 ($3^3 = 3 \times 3 \times 3$)

Roman numerals

1	I	100	C
5	V	500	D
10	X	1000	M
50	L		

YEAR 6 MATHS KNOWLEDGE ORGANISER

Measurement conversions

Month	Days
January	31
February	28 (29 in leap year)
March	31
April	30
May	31
June	30
July	31
August	31
September	30
October	31
November	30
December	31
1 year = 365 days (\approx 52 weeks)	
Leap year = 366 days	

1 centimetre	10mm
1 metre	100cm
1 kilometre	1,000 m
1 mile	1.6 km
1 kilometre	0.625 ($\frac{5}{8}$) mile
1 kilogram	1,000 grams
1 litre	1,000 millilitres

Co-ordinates

Read co-ordinates along the x axis (horizontal) first, then the y axis (vertical). E.g. (3,-4) = go right 3, down 4.

Fractions, decimals & percentages

$\frac{1}{100}$	0.01	1%	$\div 100$
$\frac{1}{20}$	0.05	5%	$\div 20$
$\frac{1}{10}$	0.1	10%	$\div 10$
$\frac{1}{5}$	0.2	20%	$\div 5$
$\frac{1}{4}$	0.25	25%	$\div 4$
$\frac{1}{2}$	0.5	50%	$\div 2$
$\frac{3}{4}$	0.75	75%	$\div 4, \times 3$
1	1	100%	$\div 1$

Angles

full turn	360°
half turn	180°
right angle	90°
acute angle	< 90°
obtuse angle	> 90°
reflex angle	> 180°
angles on a straight line	180°
angles inside a triangle	180°
angles inside a quadrilateral	360°

2D shapes

Name	No. of sides
quadrilateral	4
pentagon	5
hexagon	6
heptagon	7
octagon	8
nonagon	9
decagon	10

polygon = shape with straight sides
 regular = all sides/angles the same
 irregular = sides/angles not same

Types of triangle



Types of quadrilateral



AREA

is the amount of space inside a 2D shape usually measured in cm^2 or m^2 .

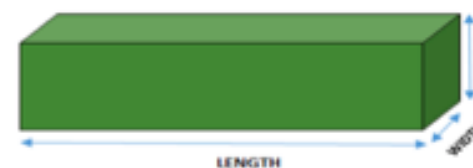
Area of a triangle
 $= (\text{base} \times \text{height}) \div 2$
Area of a parallelogram
 $= \text{base} \times \text{height}$

(Height = perpendicular height)

3D shapes

	square-based pyramid	triangular-based pyramid	triangular prism
faces (the flat sides)	5	4	5
edges	8	6	9
vertices (the points where the edges meet)	5	4	6

Volume = the amount of space a 3D shape takes up, usually measured in cm^3 or m^3



Volume of a cuboid =
length \times width \times height

Shape vocabulary

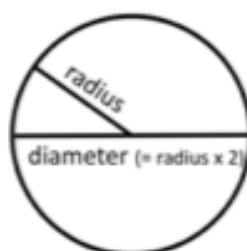
perimeter = measure around the edge (**circumference** = perimeter of a circle)

horizontal line

parallel lines

vertical line

perpendicular lines
(at right angles)



The mean

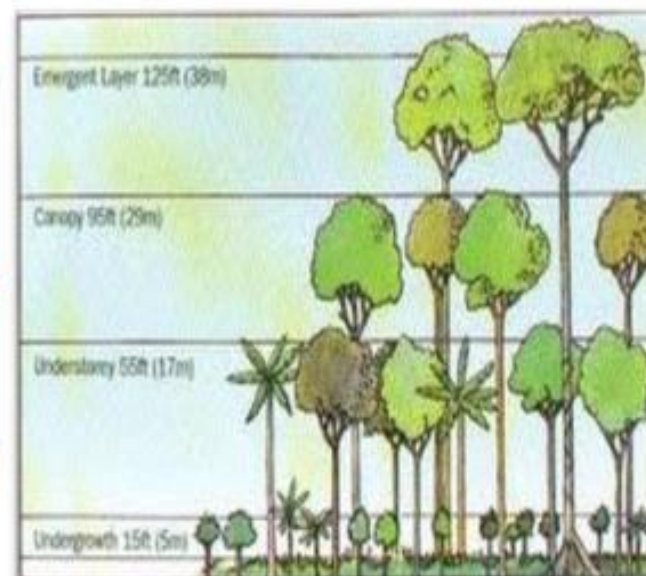
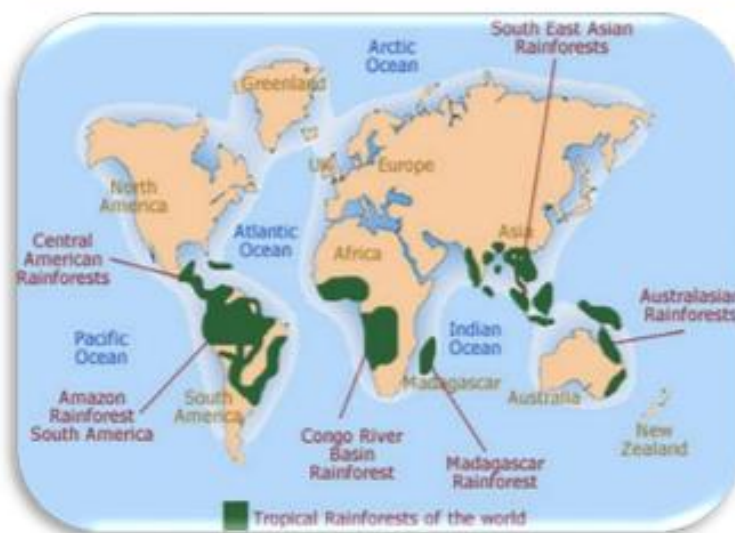
The mean is a type of average. To find the mean, add up all the numbers and divide by how many there are. E.g. the mean of 4, 5, 3, 4 is 4.
(Because $4 + 5 + 3 + 4 = 16$, and $16 \div 4 = 4$)

Scientific and geographical vocabulary		
	Term	Definition
1	Rainforest	A dense forest, normally found in tropical areas with high rainfall. They generate much of the world's oxygen.
2	Country	A nation with its own government e.g. UK, USA, Germany, Denmark, Brazil, China.
3	Continent	The world's main continuous pieces of land (Africa, Asia, Australasia, Europe, North America, South America, Antarctica).
4	Ecosystem	A community of plants and animals that depend on each other to survive.
5	Deforestation	The action of clearing a wide area of trees.
6	Habitat	The natural home or environment of an animal, plant or organism.
7	Interdependent	When two or more people or things rely on each other.

Causes of Deforestation	
1	To clear space for farming: growing crops (e.g. soya beans & palm oil) and space cattle to generate cheap beef.
2	Chopping down trees for wood.
3	To build roads to mine for metals, gold & diamonds.
4	To dig for oil.
5	To flood areas to make dams & generate electricity.

Impact of Deforestation	
1	An area the size of 20 football pitches is destroyed every 60 seconds.
2	½ of the tropical rainforests we had are gone.
3	28,000 species of animals are expected to become extinct in the next 25 years.
4	Local people's homes are destroyed.
5	Levels of carbon dioxide in the air are increasing and oxygen is decreasing.

Location, Layers and features		
1	Equator	Imaginary line through the middle of the Earth that receives the most sunlight.
2	Tropic of Cancer Tropic of Capricorn	Imaginary lines north and south of the equator. Most rainforests can be found between these two lines.
3	Emergent Layer	Giant trees that enjoy the most sun but high winds & cold.
4	Canopy	Dense layer of trees overlapping each other. Home to most animals in rainforests.
5	Understory	Relatively dark, open area below the canopy.
6	Undergrowth	Also known as the forest floor, mainly consisting of fallen leaves, fruit etc. that decomposes as food for trees.
7	Flora & Fauna	Flora = Plants; Fauna = Animals.
8	Nocturnal	Animal that comes out at night. Sleeps during the day.
9	Camouflage	Blending in to hide in the natural environment.
10	Mimicry	Copying the look, sound or behaviour of something.



Interesting facts	
1	Rainforests cover approximately 6% of the Earth's surface but contain more than ½ of the world's plants. About 90% of organisms are found in the canopy.
2	About 30 million species of plants and animals live in tropical rainforests.
3	There are two types of rainforests – Tropical and Temperate . Tropical rainforests are generally warmer than temperate ones.
4	Many things we have in our homes come from rainforests including: chocolate, sugar, rubber, bamboo and many medicines.

1. Information is organised in such a way
as pupils are 'clued' into
relationships/patterns/themes/topics/seq
uences in readiness for what is to come

2. 'Less is more'

3. Focus on tier 3 vocabulary

Three rules

Training Activity 6:

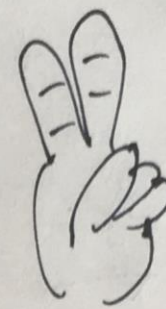
PROBLEM



1

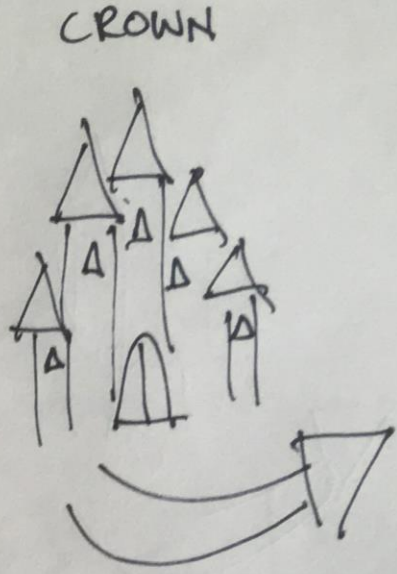


2



80/90/100?!

3

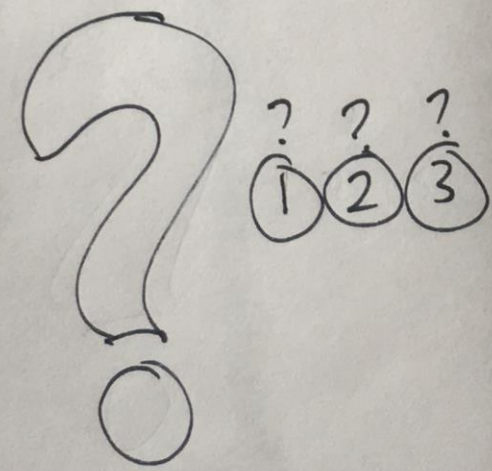


ABDICATE

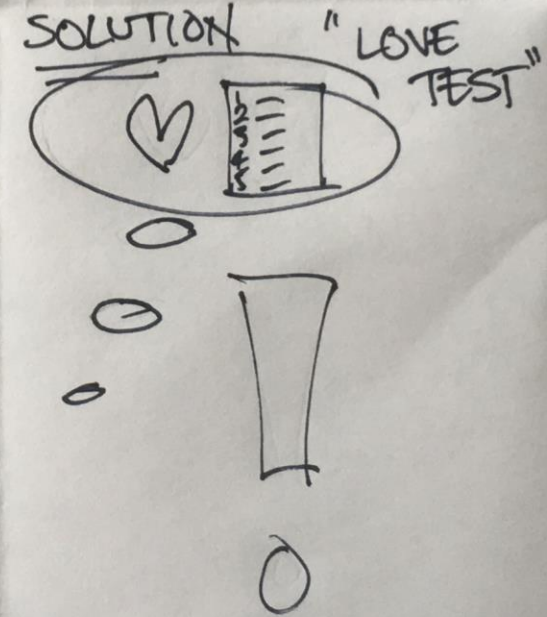
4



5



6



7



8

King **Lear** is an elderly monarch, tired of carrying the burden of his kingdom and his royal responsibilities, and desiring a more peaceful life in his old age. He decides to **abdicate** and to give his **crown** away and divide the realm between his three daughters; **Regan, Cordelia** and **Goneril**.

In order to ascertain who will be given which areas of land, Lear conceives a “**love-test**” for which each daughter must convince their father that they love him the most out of his three children.

Disco

‘Opps up side-your-head

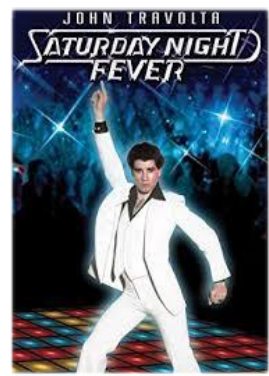
Flamenco

ballet

pogo

macarena

Disco



Flamenco



pogo



‘Opps up side-your-head

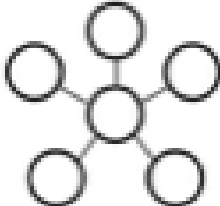
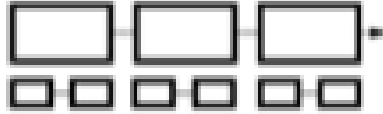
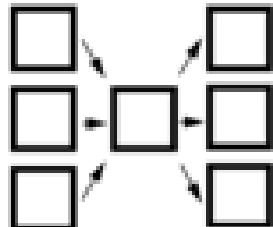
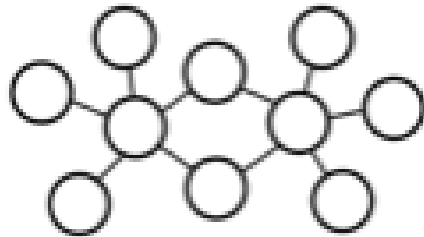
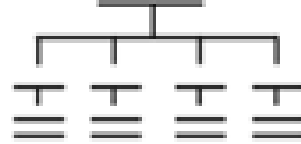



ballet



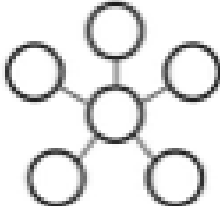
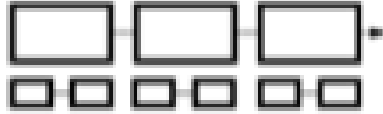
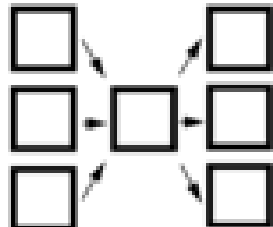
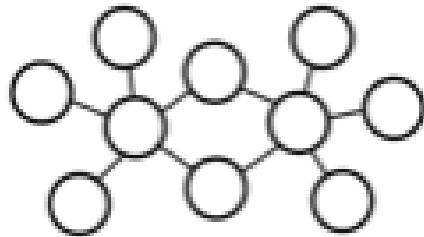
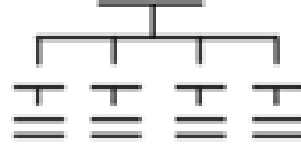

macarena

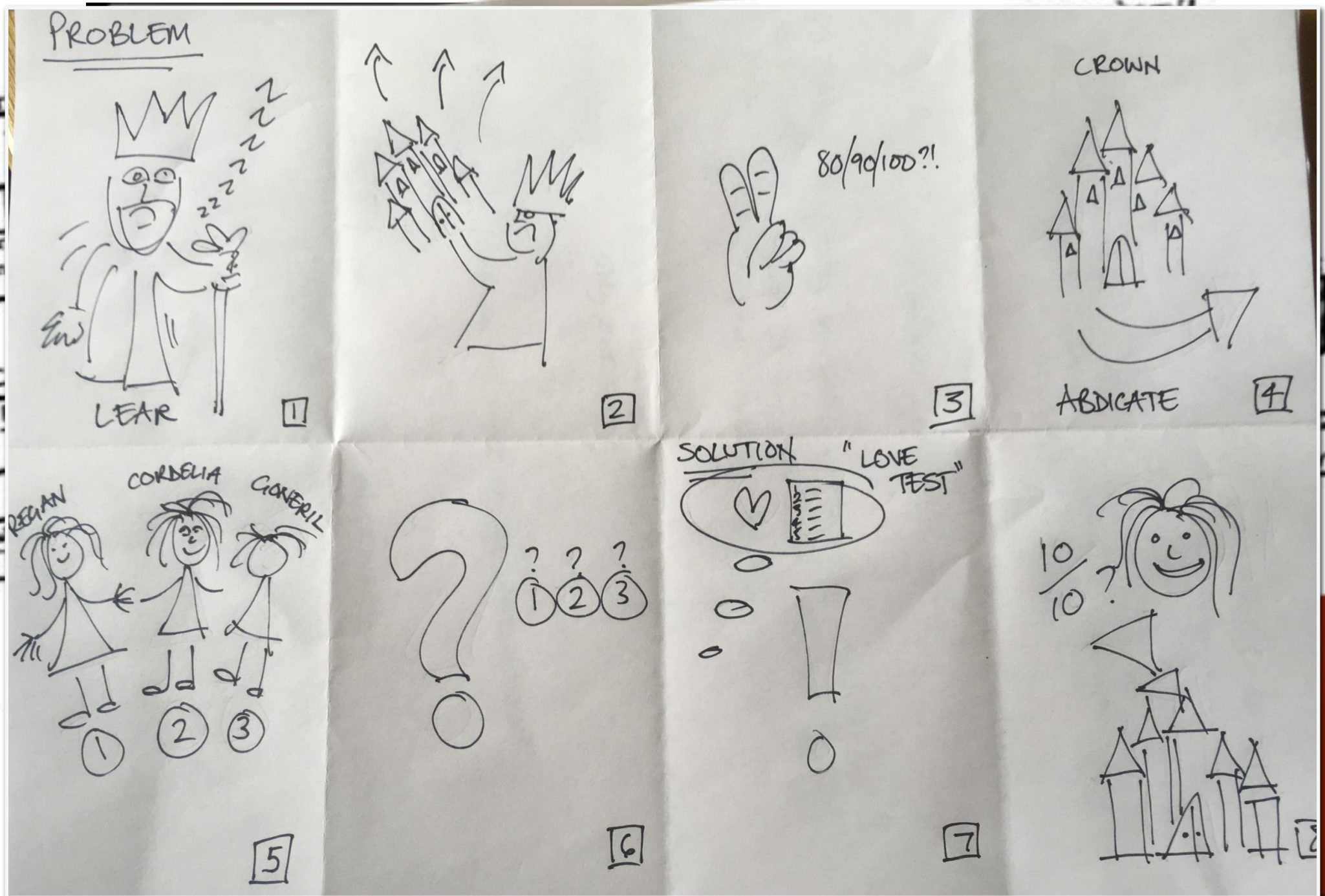


<p>Knowledge</p>  <p>(recall/description)</p>	<p>Process</p>  <p>(order/sequence/method/chronology)</p>
<p>Cause/effect</p>  <p>(Input/output)</p>	<p>Similarity/difference</p>  <p>(compare/contrast)</p>
<p>Classification</p>  <p>(themes/groupings/sorting)</p>	<p>Visualisation</p>  <p>(analogy/metaphor/simile/showing same thing but in a different way)</p>

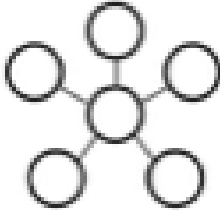
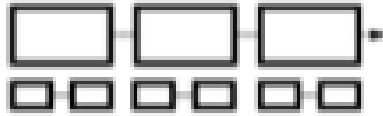
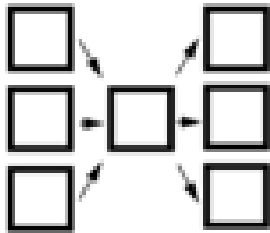
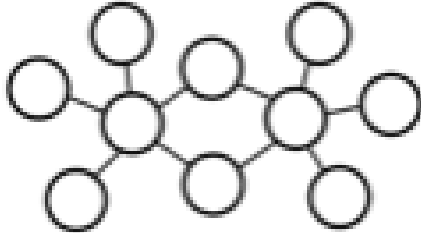
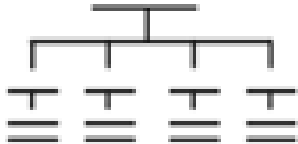



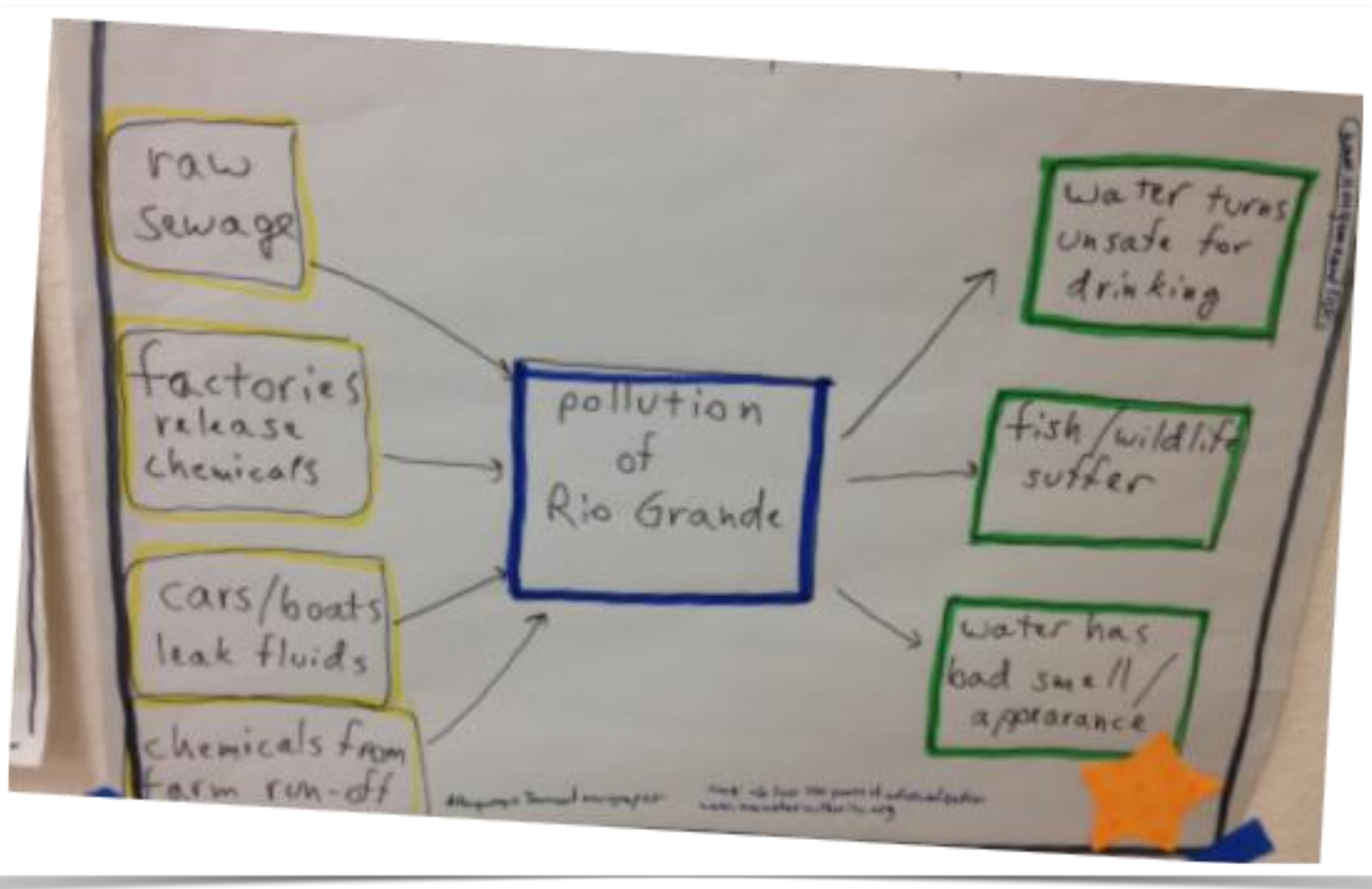
Knowledge Map

<p>Knowledge</p>  <p>(recall/description)</p>	<p>Process</p>  <p>(order/sequence/method/chronology)</p>
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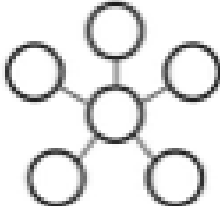
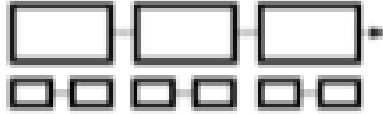
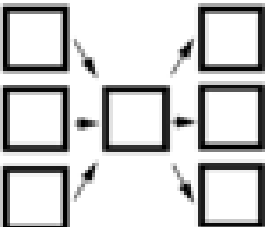
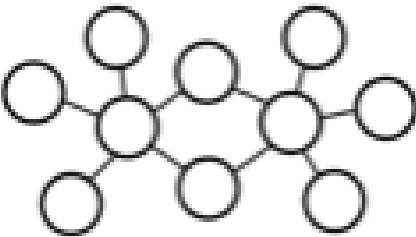
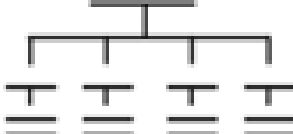



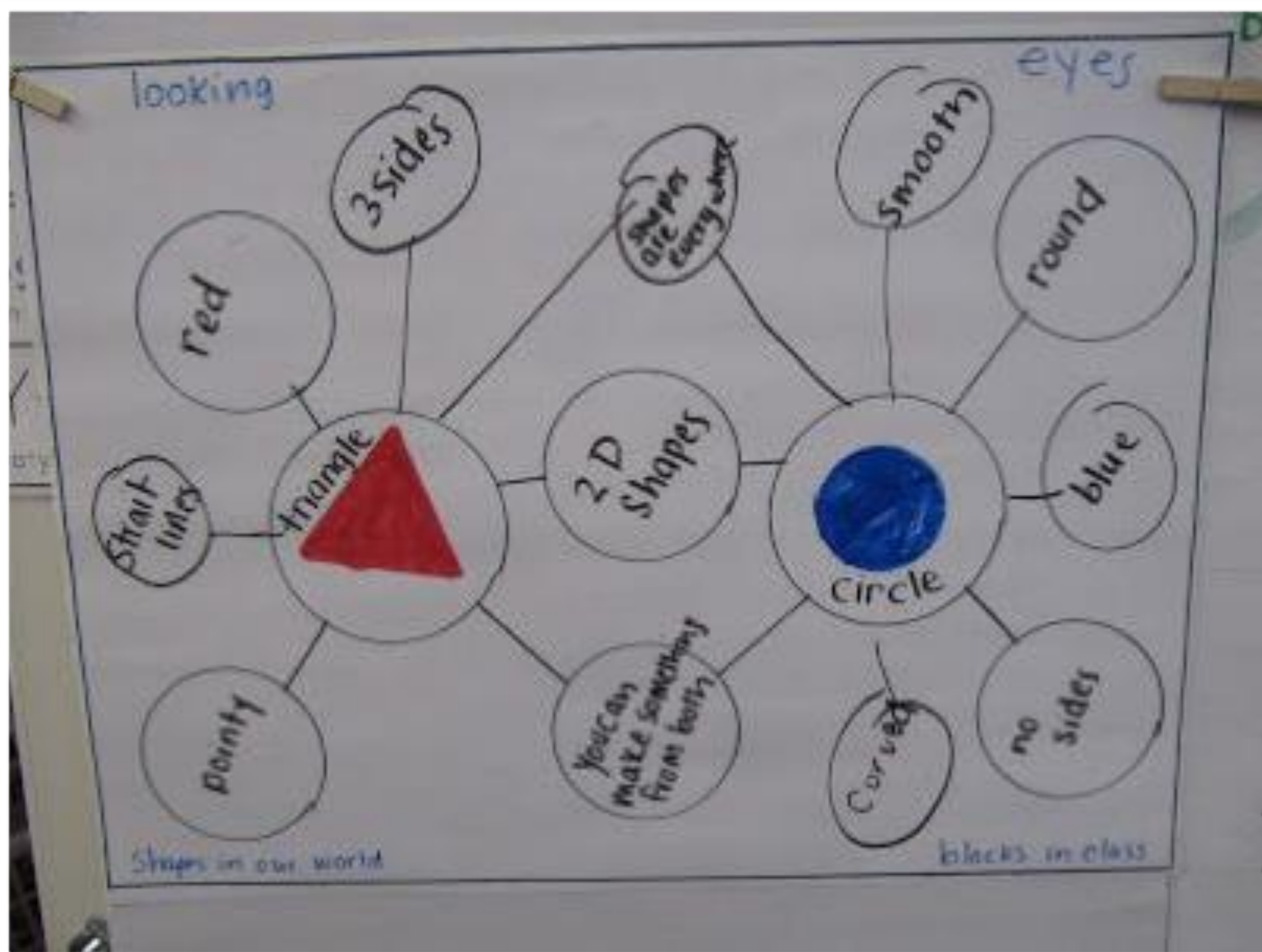
problem
again

<p>Knowledge</p>  <p>(recall/description)</p>	<p>Process</p>  <p>(order/sequence/method/chronology)</p>
<p>Cause/effect</p>  <p>(Input/output)</p>	<p>Similarity/difference</p>  <p>(compare/contrast)</p>
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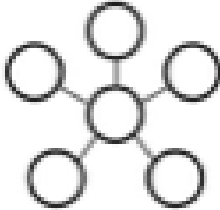
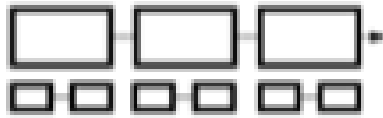
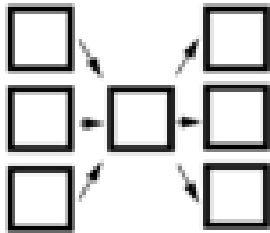
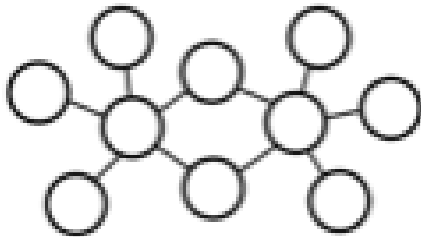
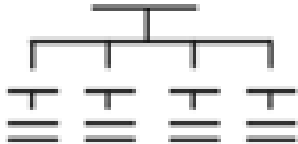



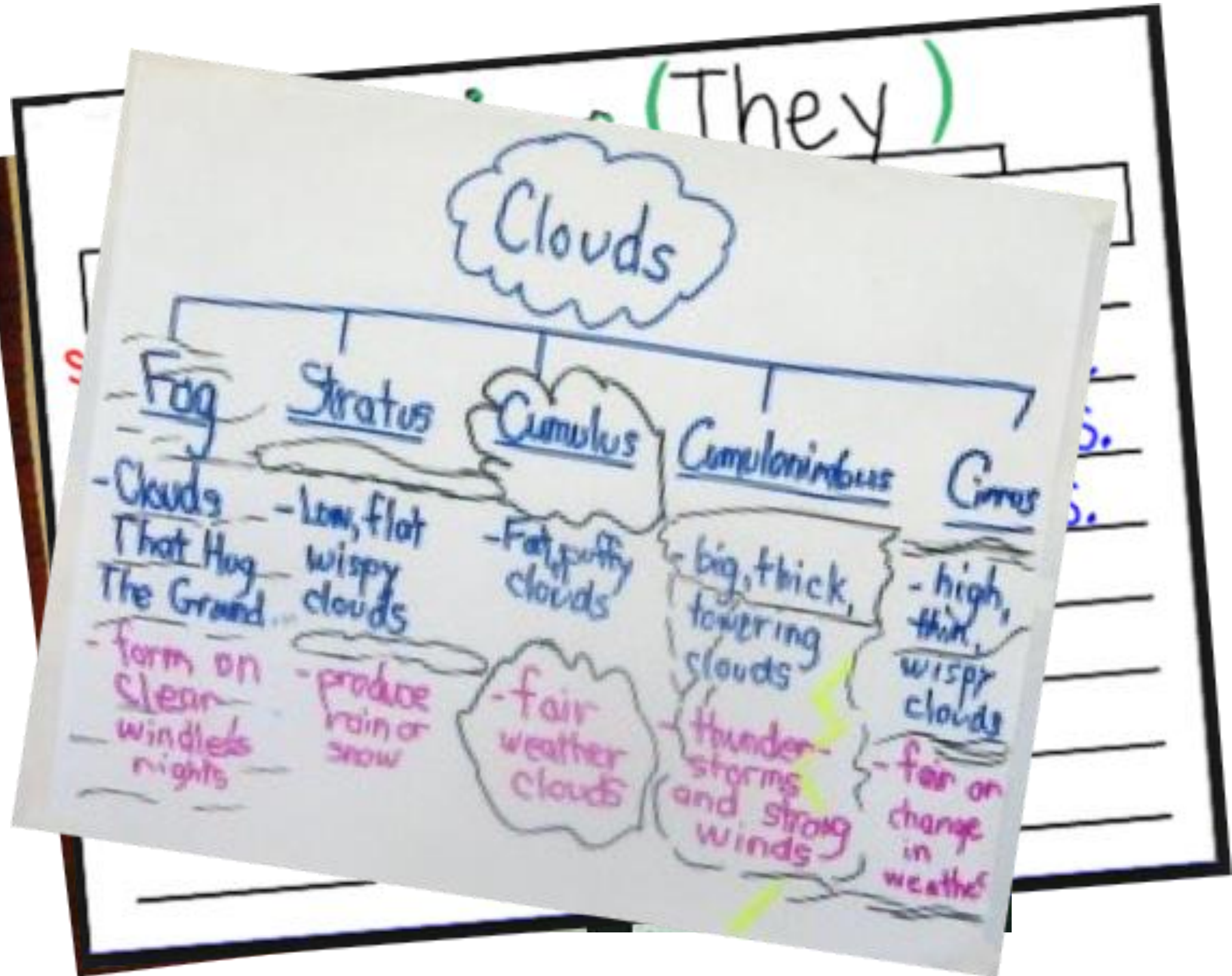
Cause/Effect Map

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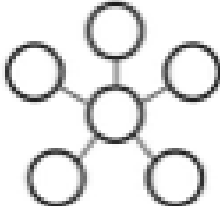
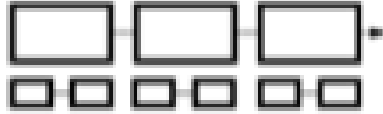
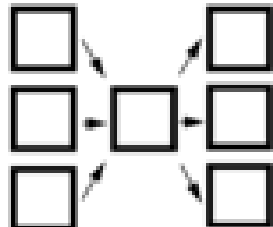
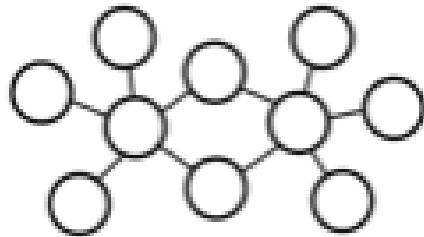
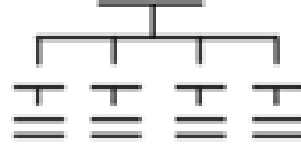



Similarity/Difference Map

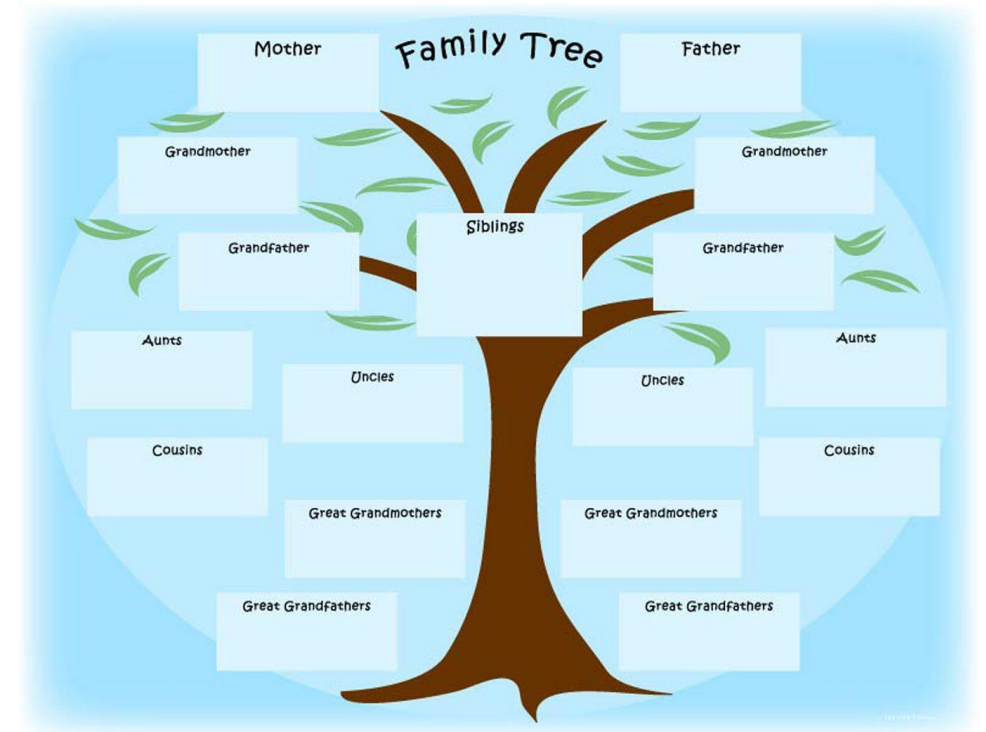
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Classification Map

<p>Knowledge</p>  <p>(recall/description)</p>	<p>Process</p>  <p>(order/sequence/method/chronology)</p>
<p>Cause/effect</p>  <p>(Input/output)</p>	<p>Similarity/difference</p>  <p>(compare/contrast)</p>
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family ancestry



Visualisation Map

fluctuating
emotions

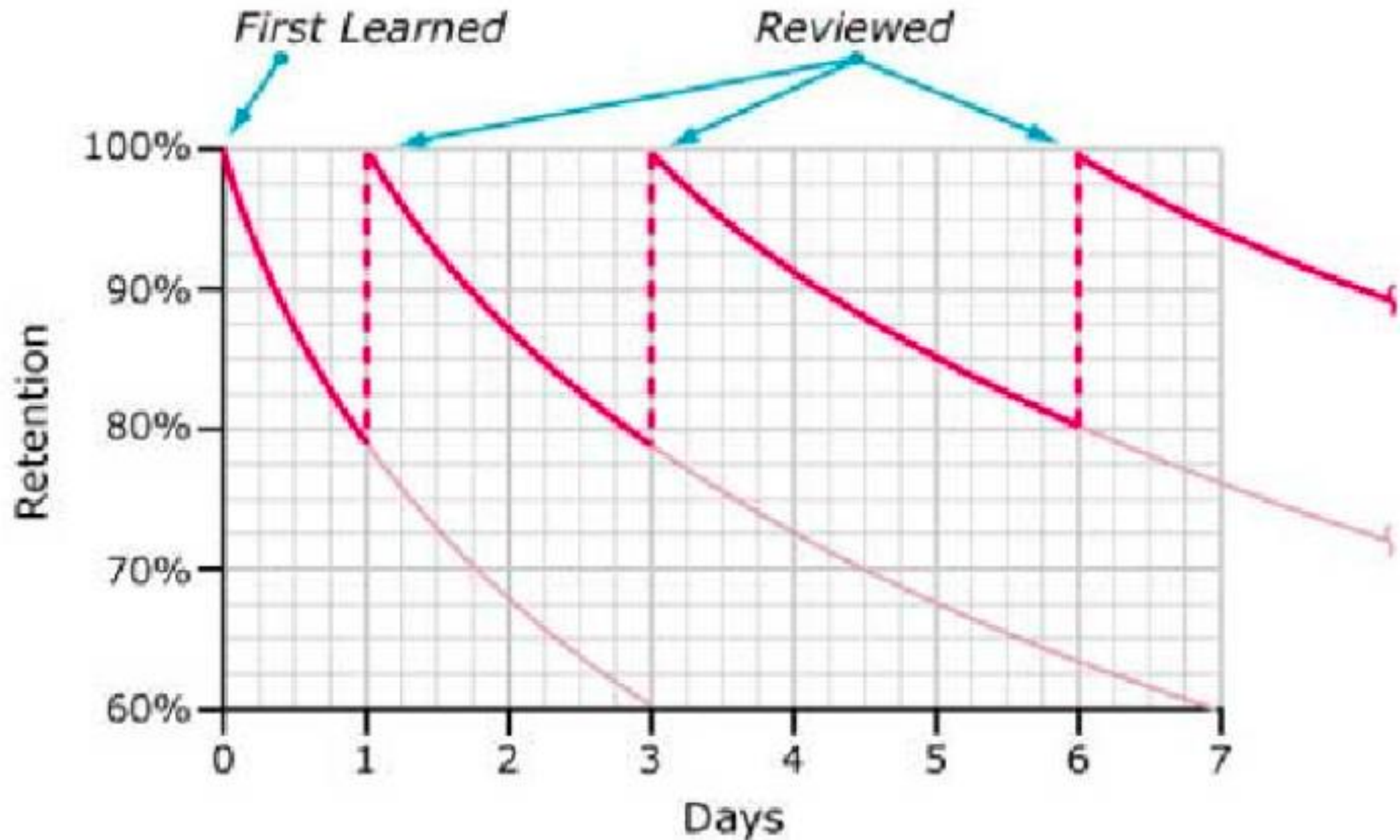


Visualisation Map

peace



Training Activity 7:



Forgetting curve of human brain by Hermann Ebbinghaus

Improving long term memory: Retrieval practice (DNA Quiz)

“Repeatedly retrieving content, which amounted to only two or three extra retrievals in this experiment, produced about a 150 % improvement in long-term retention.”

Don't just quiz or test students on the knowledge or skills you have imparted once. Do it three times!

CLICK TO TWEET 

Source: Karpicke, J. D. and Grimaldi, P. J. (2012), 'Retrieval-based learning: A perspective for enhancing meaningful learning', Educational Psychology Review, 24, (3), 401–418.

is of learning, and incorporating retrieval into educational act

Training Activity 8:

A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	

A	Apple	N	Nectarine
B	Banana	O	Orange
C	Carrot	P	Prune
D	Damson	Q	Quince
E	Eggplant	R	Raisin
F	Fig	S	Spinach
G	Grape	T	Tangerine
H	Honeydew melon	U	Ugli fruit
I	Iceberg lettuce	V	Vanilla
J	Juniper berry	W	Watercress
K	Kiwi	X	Xylocarp
L	Lemon	Y	Yam
M	Mango	Z	Zucchini

A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	

Training Activity 8:

Improving long term memory: Retrieval
practice (*spaced retrieval*)



Retrieval Practice

1. In which year did Ancient Greece's 'Golden Age' begin?
 - 2500 BCE
 - 480 BCE
 - 480 CE
 - 1480 CE
2. How many citizens had to vote for someone to be sent into exile?
 - 6
 - 60
 - 600
 - 6000
3. Name one Greek philosopher:

4. Where were the first recorded Olympic games held?

Athens
Crete
Olympia
5. Name one Greek City State:

Topic: Harry Potter and the Philosopher's Stone

Where was Voldemort hiding?	Name 3 shops in Diagon Alley	Name the 4 houses at Hogwarts	What are the names of the three main characters?
How did Harry feel after he defeated 'he who should not be named'?	What is the pub called?	What is the name of Harry's owl?	Name the author
Last lesson	Last week	Several weeks	Further back

1.Retrieval Quizzes

Topic: PSHE

What are the 10 rules for happier living?	What charitable acts could you get involved in?	Write down what makes a good friend
Can you be happy all the time?	Name some techniques for calming your nerves	What does it mean to be an active listener?
Last lesson	Last week	Several weeks ago

Which Tudor Monarch had the most wives?

A: Elizabeth I

B: Edward VI

C: Mary I

D: Henry VIII

7. Multiple choice

Which Tudor Monarch had a view on marriage that was
unhelpful to England?

A: Elizabeth I

B: Edward VI

C: Mary I

D: Henry VIII

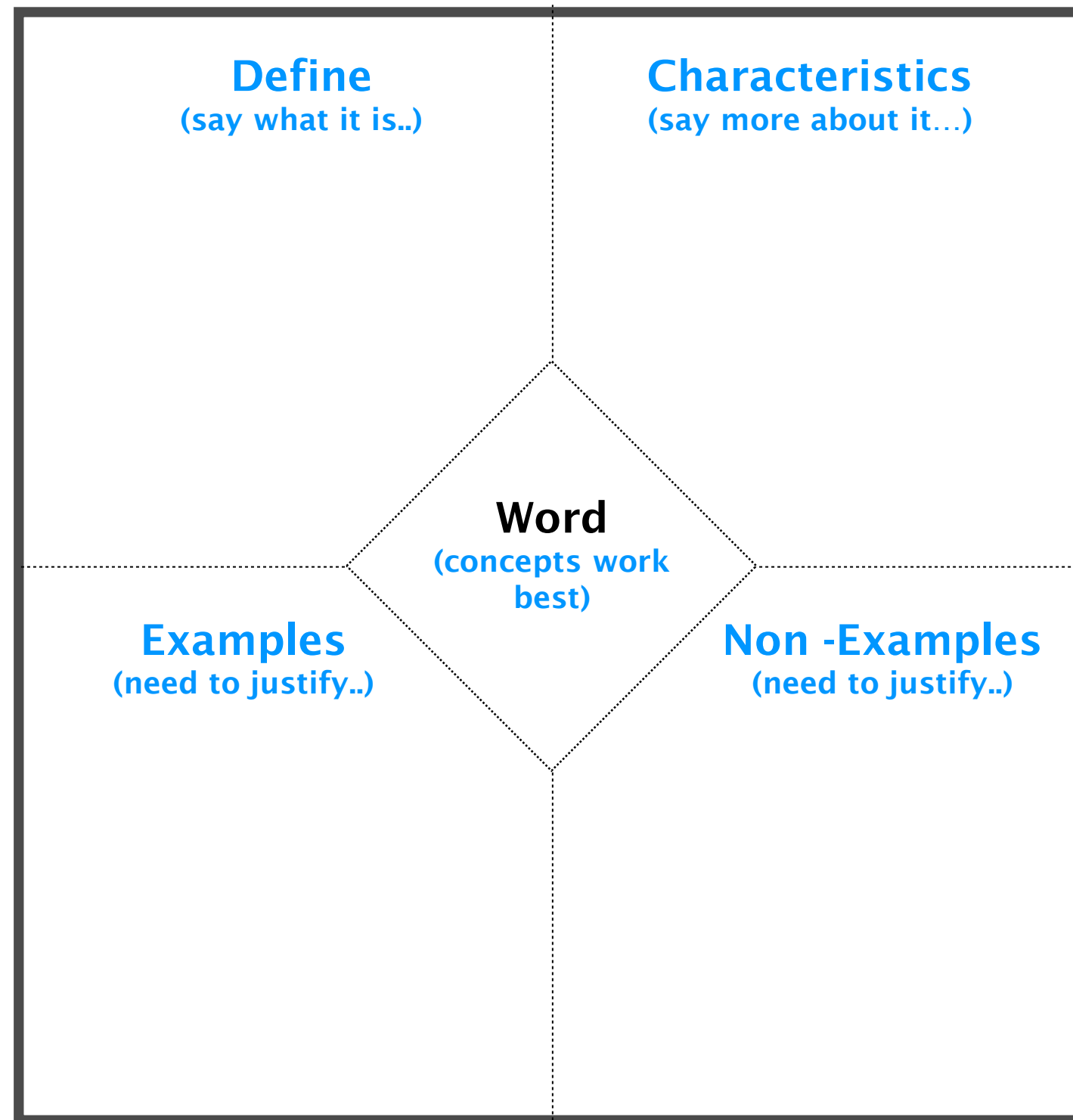
7. Multiple choice

Improving long term memory: Retrieval
practice (*Interleaving*)

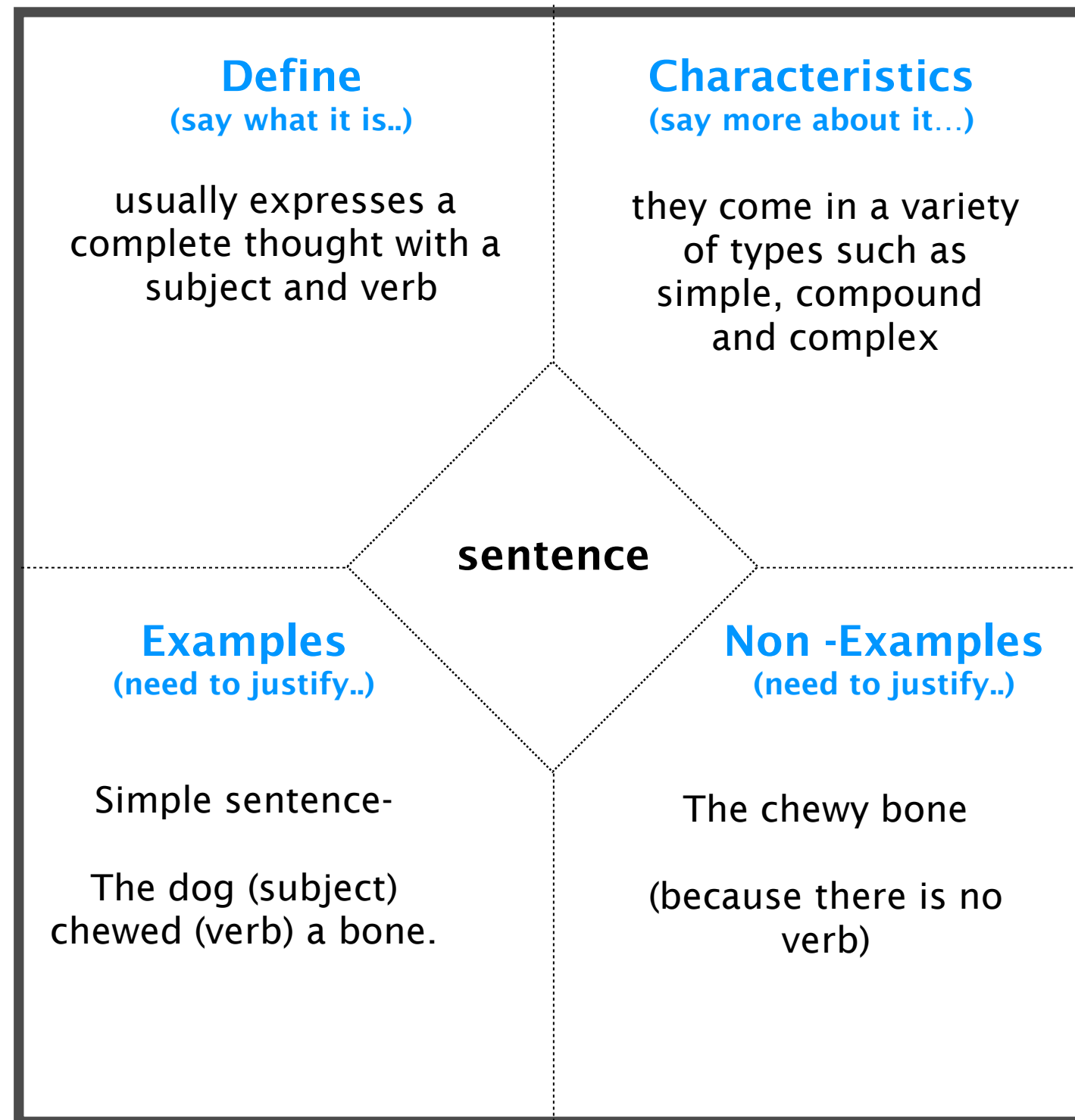


English	adjective
Maths	2 D shape
Science	mammals
History	Tudor Monarch
Geography	volcanoes

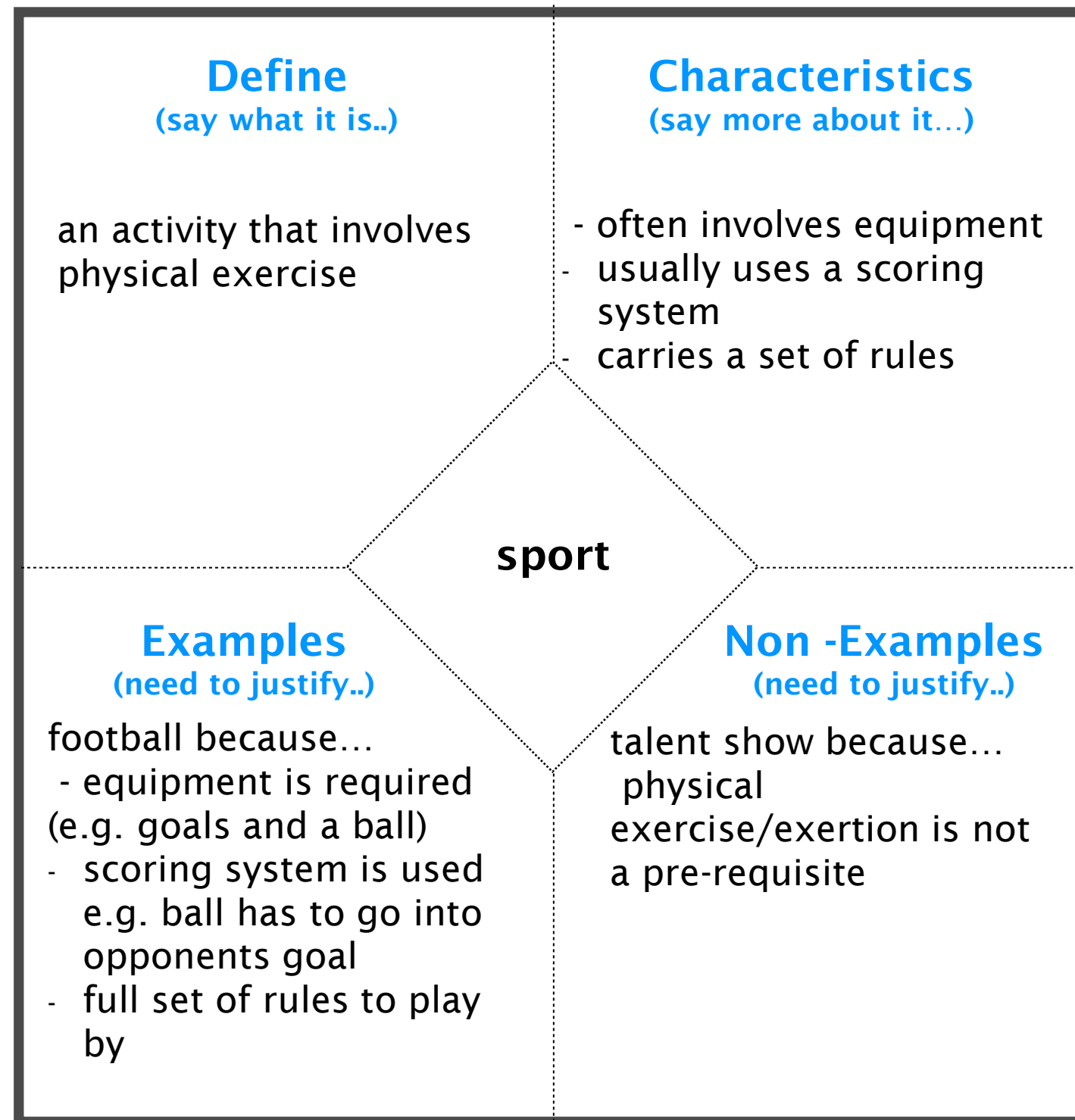
Frayer Model



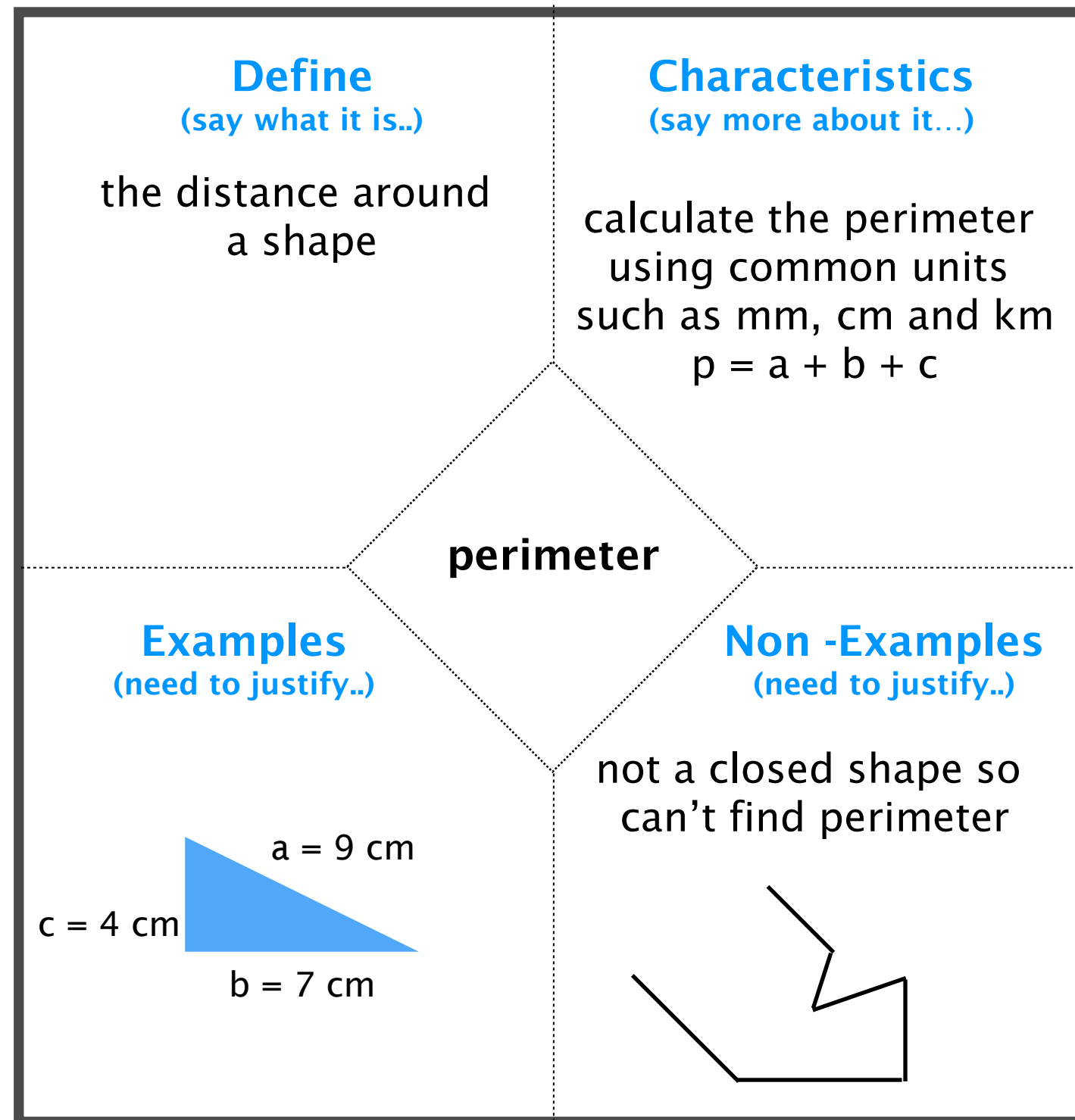
Fayer Model



Freyer Model



Fayer Model



Frayer Model

Reprints of this article are available from Elsevier, Inc., 601 Third Avenue, New York, NY 10158.

Yerreski Dryasoulas
 general counsel[illegible]

Neotoma mexicana with black lines

The above information is provided as a service to our clients and does not constitute an offer or recommendation.

[illegible]

Before finally putting your mower away for the winter, be sure to clear it of wet grass that may be stuck underneath.

Served with your choice of fries house salad . Complimentary garlic butter available on request.

Upgrade to sweet potato fries for 1.00

Upgrade to sweet potato fries for 1.00

15.95 — **ADD TOPPINGS TO ANY BURGER 1.25** —

- fried free-range egg (C)(O)
- smashed avocado (C)(O)
- Portobello mushroom (C)(O)(O)
- red onion chimich (C)(O)
- grilled balsami (C)
- sweet cure bacon (C)
- Camembert (C)
- BBQ pulled beef (C)

MONSIEUR smoked ham	10.65
MADAME smoked ham with a fried free-range egg	11.65
PORTOBELLO MUSHROOM ☺ with baby spinach, goat's cheese and a drizzle of kaffir lime	10.65
BBQ PULLED BEEF with sriracha mayonnaise	12.45
CHICKEN CLUB with crispy pancetta, baby spinach and sundried tomato béchamel	12.75
CAMEMBERT & PANCETTA with shallot & green chutney	12.65

SWEET POTATO FRITES ☺	4.50
HALLLOMI FRITES	4.75
DAUPHINOISE POTATOES ☺☺	3.25
HERITAGE TOMATO & SHALLOT SALAD ☺☺☺	3.25
FRITES ☺	1.50
HOUSE SALAD ☺☺☺	3.25
GREEN BEANS ☺☺	3.25
TENDERSTEM BROCCOLI ☺☺	3.25

Served with fries or house salad

MONSIEUR smoked ham	CAMEMBERT & PANCAETTA shrimp & sauté chicken
MADAME smoked ham and a fried free-range egg	CHICKEN CLUB crispy panseiche, baby spinach and sun-dried tomato béchamel
PORTOBELLO MUSHROOM ② baby spinach, goat's cheese and a drizzle of truffle oil	BBQ PULLED BEEF w/rojo mayonaisse

VEGETABLE & HALLOUMI ☺
grilled peppers, courgettes, aubergines and halloumi
with aromatic herbaceous hummus and coriander chutney

STEAK
blood Black Angus rump steak with red onion chutney,
watercress and Dijon mayonnaise

CHARGRILLED CHICKEN
with baby gem lettuce and Dijon mayonnaise

Served with fries or house salad

BLACK ANGUS BURGER 🍔
6oz beef burger with baby gem lettuce and plum tomato in a char-grilled Enoche bun with Dijon mayonnaise

OMELETTE ㊟
three free range eggs
with one topping of your
choice. Served with fries
or house salad

- Emmental cheese ㊟
- spinach ㊟
- smoked salmon ㊟
- mushrooms ㊟
- ham ㊟
- heritage tomatoes ㊟

SUMMER SALAD ㊟
heritage and sundried
tomatoes, arctic
hearts, sundried
zucchini, fresh lemon
olives and watercress

- char-grilled chicken ㊟
- goat's cheese ㊟
- smoked salmon ㊟

Thursday 10 October is World Porridge Day. Why not mark it with a nutritious breakfast? Check out Perfect Porridge 3 Ways on walfrose.com. Alternatively, head to Cambridge in the Scottish Highlands, where this weekend competitors will be vying for the Golden Spurtle in the 26th annual World Porridge Making Championships – see goldenspurtle.com for details.

In the not too distant past, Bacchus could be a soulless grape, but in Winbirri Vineyards' Barefoot Shiraz (E15.99/75cl) (selected stores), we have a crisp English Shiraz you can be proud of. Very fresh and appealing, with a light touch of gooseberries and a clean, lemony taste.



2 Simpsons have always said they'd only make red wines; but the 2018 harvest was so abundant there were grapes left over for an experiment - experiment Simpsons Estate Chardonnay, £13.99 (100% store's). is Very rich, very round, quite tropical, layered - a fine English Chardonnay.



3 What a pernicky grape Pinot Noir is — and even in Burgundy, its traditional home — massive variations in quality. And yet in Sharpha

Stomoxys calcitrans (L.) (Diptera: Tabanidae) is a pest of livestock and humans, and for agricultural (fruit flies) and

History, you'll want to check
 things with a different work

Yerreski Dryasulic

Figure 1



Vegetables cooked with blackberry
sauce & served with bread

[illegible]

KITCHEN WISDOM

6 The only answer is getting a second opinion. **Answer: D**

Reprints of this advertisement are available, but for our Social Health Unit.



Yeriyuki Toyomatsu
Copyright © 1994

1. *Il primo gruppo che ha
 cominciato a fare musica
 negli anni '60 era
 un trio formato da
 Franco Battiato, Franco
 Battiato e Franco Battiato.*
 2. *Il secondo gruppo che ha
 cominciato a fare musica
 negli anni '60 era
 un trio formato da
 Franco Battiato, Franco
 Battiato e Franco Battiato.*
 3. *Il terzo gruppo che ha
 cominciato a fare musica
 negli anni '60 era
 un trio formato da
 Franco Battiato, Franco
 Battiato e Franco Battiato.*
 4. *Il quarto gruppo che ha
 cominciato a fare musica
 negli anni '60 era
 un trio formato da
 Franco Battiato, Franco
 Battiato e Franco Battiato.*
 5. *Il quinto gruppo che ha
 cominciato a fare musica
 negli anni '60 era
 un trio formato da
 Franco Battiato, Franco
 Battiato e Franco Battiato.*
 6. *Il sesto gruppo che ha
 cominciato a fare musica
 negli anni '60 era
 un trio formato da
 Franco Battiato, Franco
 Battiato e Franco Battiato.*
 7. *Il settimo gruppo che ha
 cominciato a fare musica
 negli anni '60 era
 un trio formato da
 Franco Battiato, Franco
 Battiato e Franco Battiato.*
 8. *Il ottavo gruppo che ha
 cominciato a fare musica
 negli anni '60 era
 un trio formato da
 Franco Battiato, Franco
 Battiato e Franco Battiato.*
 9. *Il nono gruppo che ha
 cominciato a fare musica
 negli anni '60 era
 un trio formato da
 Franco Battiato, Franco
 Battiato e Franco Battiato.*
 10. *Il decimo gruppo che ha
 cominciato a fare musica
 negli anni '60 era
 un trio formato da
 Franco Battiato, Franco
 Battiato e Franco Battiato.*



Necturus maculosus with black lines

Fig. 10. Mean \pm SD of the mean for
all the subjects.

[illegible]

Before finally putting your mower away for the winter, be sure to clear it of wet grass that may be stuck underneath.

Served with your choice of fries house salad . Complimentary garlic butter available on request.

Upgrade to sweet potato fries for 1.00

OMELETTE ☺
Three free-range eggs with one topping of your choice. Served with fries or hashie solo!

- Emmental cheese ☺
- spinach ☺
- smoked salmon ☺
- mushrooms ☺
- ham ☺
- heritage tomatoes ☺

SUMMER SALAD ☺☺☺
Heritage and sundried tomatoes, crickling herbs, soundgood prawns, fresh lemon chives and watercress

- char-grilled chicken ☺
- goat's cheese ☺
- smoked salmon ☺

3 What a pernickety grape Pinot Noir is — it's finicky and even in Burgundy, its traditional home, it has massive variations in quality. And yet in Sharpham

WHAT TO DO IN THE GARDEN THIS WEEK



ROSE CARE

Best not to put fallen rose leaves in the compost heap – head, bin or burn them to prevent the spread of disease.



TAKE CUTTINGS

To get new plants for free, take hardwood cuttings of shrubs and climbers now then leave to root over winter.



WASH AND BRUSH UP

Use water and mild disinfectant to wash inside your greenhouse in order to banish pests and diseases and let in more light.



CLEAN THE MOWER

Before finally putting your mower away for the winter, be sure to clear it of wet grass so it may be stuck underneath.

redient
we

irants Lyle's and Flor n's orchard fruit

t raw. It's a late-season plum, so it's
y timed to go alongside game such as
and grouse.
days, there are often just two types in
s and Victoria seems to be our variety
. It's a bit of an all-rounder, which
ere's always going to be a better
t variety for cooking or for eating raw.
g it is good for, though, is umeboshi.
think of these as Japanese unripe
ut actually the fruit, ume, is more
lated to the apricot. All the same, we
ickle Victoria plums to make ours.
itish climate is ideal to give our
eir balance of sweetness and acidity.
that acidity, especially if you're
ook with them, because then it
really noticeable that their flavour
iced. I work with Australian chefs
antly tell me that all the fruit is
ustralia. But it's not. It's just sweet.

OAT CUISINE

Thursday 10 October
is World Porridge
Day. Why not mark
it with a nutritious
breakfast? Check out
Perfect Porridge 3
Ways on waitrose.com. Alternatively,
head to Carrbridge
in the Scottish
Highlands, where this
weekend competitors
will be vying for the
Golden Spurtle in the
26th annual World
Porridge Making
Championships – see
goldenspurtle.com
for details.

1 FRESH AND CRISP

In the not too distant past, Bacchus could be
soulless grape, but in Winbirri Vineyards Bar
£15.99/75cl (selected stores), we have a crisp Eng
be proud of. Very fresh and appealing, with a light
gooseberries and a clean, lemony taste.



2 FINE ENGLISH CHARDONNAY

Simpsons have always said they'd only mi
wines, but the 2018 harvest was so abun
there were grapes left over for an experiment -
experiment Simpson's Estate Chardonnay, £13.9
stores), is. Very rich, very round, quite tropical,
layered – a fine English Chardonnay.




3 AN UNEXPECTED RED

What a pernicky grape Pinot Noir is –
and even in Burgundy, its traditional home
massive variations in quality. And yet in Sharpsham


FOOD&DRINK

Healthy every day


Discover delicious and healthy recipes, look for our Good Health label




Vegan Moroccan spiced lentil salad




Honey garlic roast chicken thighs with root & flower veg



Tortilla Dorada spread toast



Baked beetroot & halloumi panini



Sausage sizzle with blackberry sauce & potato chips

GOOD HEALTH

KITCHEN WISDOM

1. The new and improved...
2. ...
3. ...
4. ...
5. ...
6. ...

WHAT TO DO IN THE GARDEN THIS WEEK



ROSE CARE
Best not to put fallen roses in the compost heap – head, bin or burn them to prevent the spread of disease.



TAKE CUTTINGS
To get new plants for free, take hardwood cuttings of shrubs and climbers now then leave to root over winter.



WASH AND BRUSH UP
Use water and mild disinfectant to wash inside your greenhouse in order to banish pests and diseases and let in more light.



CLEAN THE MOW
Before finally putting your mower away for the winter, be sure to clear it of wet grass that may be stuck underneath.

Ingredient we

Orchard fruit

Orchard fruit is raw. It's a late-season plum, so it's best timed to go alongside game such as venison and grouse. In the days, there are often just two types in the market and Victoria seems to be our variety. It's a bit of an all-rounder, which makes it a better variety for cooking or for eating raw. Umeboshi, which is good for, though, is umeboshi. Think of these as Japanese unripe plums. Actually the fruit, ume, is more related to the apricot. All the same, we use umeboshi to make our pickles. The British climate is ideal to give our plums their balance of sweetness and acidity. That acidity, especially if you're cooking with them, because then it's really noticeable that their flavour is balanced. I work with Australian chefs and they tell me that all the fruit is from Australia. But it's not. It's just sweet.

OAT CUISINE

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3 AN UNEXPECTED RED

What a pernicky grape Pinot Noir is – and even in Burgundy, its traditional home, there are massive variations in quality. And yet in Sharpsham

STEAK FRITES

Our Black Angus steaks are aged for 25 days for fantastic flavour, taste and texture. Served with your choice of fries, house salad, complimentary garlic butter available on request.

80Z SIRLOIN best served: medium rare - medium	19.95	100Z RIB-EYE best served: medium - medium well	21.95
80Z HEART OF RUMP best served: rare - medium	15.95	70Z FILLET best served: rare - medium	22.95

Upgrade to sweet potato fries for 1.00

SAUCES 2.25 EACH

- pepper sauce
- Café de Paris Béarnaise
- Ragout
- beef dipping Merlot gravy

BURGERS

Served with your choice of fries or house salad. Upgrade to sweet potato fries for 1.00.

CHARGILLED CHICKEN BURGER	12.95
SPICY CHICKEN BURGER	11.65
BLACK ANGUS BURGER	12.95

ADD TOPPINGS TO ANY BURGER 1.25

- fried free-range egg
- smashed avocado
- Portobello mushroom
- red onion chutney
- grilled halloumi
- sweet cure bacon
- Camembert
- BBQ pulled beef

CROQUES

Classic grilled Emmental cheese sandwich on sourdough with béchamel sauce. Served with your choice of fries or house salad. Upgrade to sweet potato fries for 1.00.

MONSIEUR	10.45
MADAME	11.65
PORTOBELLO MUSHROOM	10.65
BBQ PULLED BEEF	12.45
CHICKEN CLUB	12.75
CAMEMBERT & PANCETTA	12.65

EXPRESS MENU 9.95

Any of these meals are available for just 9.95 Monday-Friday 12-4pm

CROQUES

Served with fries or house salad

- MONSIEUR
- MADAME
- PORTOBELLO MUSHROOM
- BBQ PULLED BEEF
- CHICKEN CLUB
- CAMEMBERT & PANCETTA

BAGUETTES

Served with fries or house salad

- VEGETABLE & HALLOUMI
- STEAK
- CHARGILLED CHICKEN

BURGER

Served with fries or house salad

- BLACK ANGUS BURGER

LIGHTER BITES

- OMELETTE
- SUMMER SALAD

STEAK FRITES

Our Black Angus steaks are aged for 25 days for fantastic flavour, taste and texture.

Served with your choice of fries @, house salad @@@. Complimentary garlic butter available on request.

14.95	8OZ SIRLOIN	19.95	10OZ RIB-EYE	21.95	— SAUCES 2.25 EACH —
15.95	best served: medium rare - medium		best served: medium - medium well		— papercorn
	8OZ HEART OF RUMP	15.95	7OZ FILLET	22.95	— Café de Paris Béarnaise
33.95	best served: rare - medium		best served: rare - medium		— Roquefort @
					— beef dripping Merlot gravy @

Upgrade to sweet potato fries for 1.00

BURGERS

Served with your choice of fries or house salad

Upgrade to sweet potato fries for 1.00

13.95	CHARGRILLED CHICKEN BURGER @	12.95
14.95	With roasted red pepper, baby gem lettuce and plum tomato in a chargrilled brioche bun with a choice of classic or sriracha mayonnaise	
12.95	SPICY CHICKPEA BURGER @@	11.65
	chickpea, pepper and sweetcorn burger with sesame seed crumbs, baby gem lettuce, plum tomato and tomato ketchup in a soft sourdough bun	
13.95	BLACK ANGUS BURGER @	12.95
13.95	8oz beef burger with baby gem lettuce and plum tomato in a chargrilled brioche bun with Dijon mayonnaise	
	NEW vegan option available @@@	
15.95	— ADD TOPPINGS TO ANY BURGER 1.25 —	
	— fried free-range egg @@@ —	— grilled halloumi @
	— smashed avocado @@@ —	— sweet cure bacon @@@
	— Portobello mushroom @@@ —	— Camembert @
	— red onion chutney @@@ —	— BBQ pulled beef @

CROQUES

Classic grilled Emmental cheese sandwich on sourdough with béchamel sauce. Served with your choice of fries or house salad.

Upgrade to sweet potato fries for 1.00

13.45	MONSIEUR	10.65
	smoked ham	
	MADAME	11.65
11.95	smoked ham with a fried free-range egg	
	PORTOBELLO MUSHROOM @	10.65
	with baby spinach, goat's cheese and a drizzle of truffle oil	
	BBQ PULLED BEEF	12.45
	with sriracha mayonnaise	
	CHICKEN CLUB	12.75
11.95	with crispy pancetta, baby spinach and sundried tomato béchamel	
	CAMEMBERT & PANCETTA	12.65
	with shallot & raisin chutney	

SIDES

	SWEET POTATO FRITES @	4.50
	HALLOUMI FRITES	4.75
	DAUPHINOISE POTATOES @@	1.25
	HERITAGE TOMATO & SHALLOT SALAD @@@	1.25
	FRITES @	1.50
	HOUSE SALAD @@@	1.25
	GREEN BEANS @@	1.25
	TENDERSTEM BROCCOLI @@	1.25

EXPRESS MENU 9.95

Any of these meals are available for just 9.95 Monday-Friday 12-4pm

CROQUES

Served with fries or house salad

MONSIEUR	CAMEMBERT & PANCETTA
smoked ham	shallot & raisin chutney
MADAME	CHICKEN CLUB
smoked ham and a fried free-range egg	crispy pancetta, baby spinach and sundried tomato béchamel
PORTOBELLO MUSHROOM @	BBQ PULLED BEEF
baby spinach, goat's cheese and a drizzle of truffle oil	sriracha mayonnaise

BAGUETTES

Served with fries or house salad

VEGETABLE & HALLOUMI @
grilled peppers, courgettes, aubergines and halloumi with smoked harissa hummus and coriander dress
STEAK
slow Black Angus rump steak with red onion chutney, watercress and Dijon mayonnaise
CHARGRILLED CHICKEN
with baby gem lettuce and Dijon mayonnaise

BURGER

Served with fries or house salad

BLACK ANGUS BURGER @
8oz beef burger with baby gem lettuce and plum tomato in a chargrilled brioche bun with Dijon mayonnaise

LIGHTER BITES

OMELETTE @	SUMMER SALAD @@@
three free range eggs with one topping of your choice. Served with fries or house salad	heritage and sundried tomatoes, arichoke hearts, sourdough croutons, frisée lettuce, chives and watercress
— Emmental cheese @	— chargrilled chicken @ 2.50
— spinach @	— goat's cheese @ 1.50
— smoked salmon @	— smoked salmon @ 3.00
— mushrooms @	
— ham @	
— heritage tomatoes @	

Do

Don't

Text

Colour

Pictures

Amount

Lines

Remember

think communication is key

think artistic talent is key

Do

Don't

Text

see spacing between lines as key to easy reading

confuse larger bold text as easier to read

use a grid (Tip: use a table to design everything - then delete table 'lines')

use comic sans!

2 font types max - mix serif and sans serif

use more than 2 different font types

left align (alignment completely transforms how easy it is to read)

use bullet points (empty of meaning - use numbered statements instead)

chunk / design natural hierarchies

Colour

use one colour extra only (after black)

colour in text boxes or put coloured text on top of coloured box)

colour code (black plus one colour you choose)

use too many colours when colour coding

Pictures

promote use of icons to illustrate concepts

put extra images in as filler!

try to draw your own images/icons

Amount

allow plenty of white space to remain

clutter the page with too much material that is not organised coherently

think "less is more"

overfill page

Lines

use lines of maximum 0.5 thickness

use tables but leave all the lines in

use deep margins and borders

put text right unto page edge

Ahmed is head of school. Moona is Head of Maths. Umair, Abdul and Rafa work for Moona. Khalid is the Head of Physics. Bazir, Rania and Rabah report to Khalid. Umair, Bazir, Ranir and Khalid are working together on the joint 'Preparing for University project'.

Q1. Who is the highest ranking person working on the Preparing for University project?

Ahmed is head of school. Moona is Head of Maths. Umair, Abdul and Rafa work for Moona. Khalid is the Head of Physics. Bazir, Rania and Rabah report to Khalid. Umair, Bazir, Ranir and Khalid are working together on the joint 'Preparing for University project'.

Q2. Which department has the most people on the Preparing for University project?

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Q3. Which people are not involved on the Preparing for University project?

Head of School



Ahmed

Head of Maths

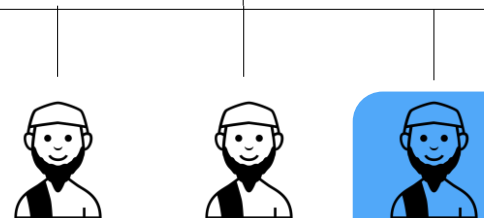


Moona

Head of Physics



Khalid



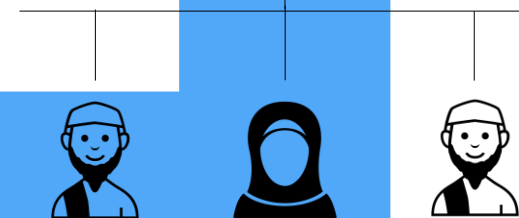
Rafa

Abdul



Umair

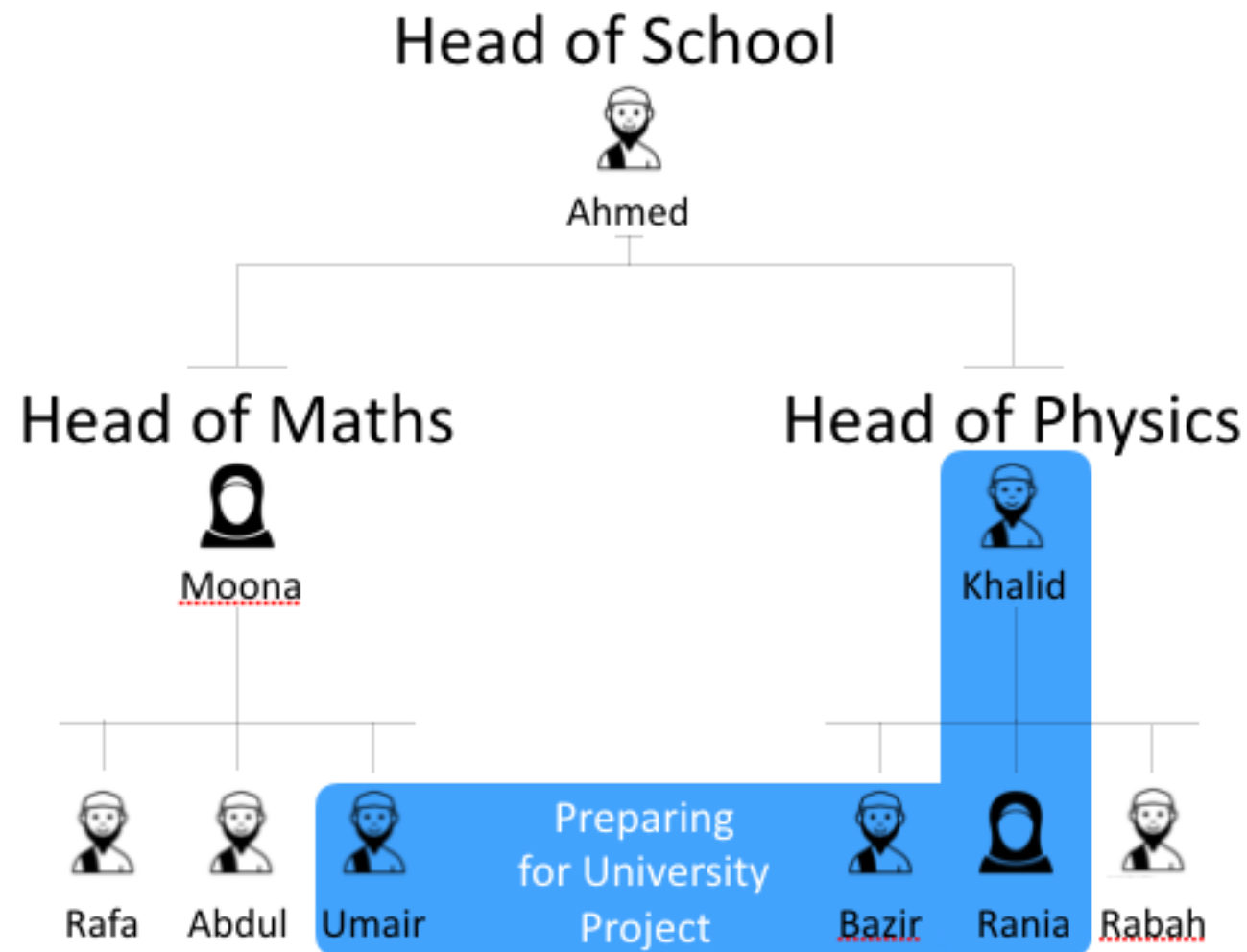
Preparing
for University
Project



Bazir

Rania

Rabah



Q1. Who is the highest ranking person working on the Preparing for University project?

Q2. Which department has the most people on the Preparing for University project?

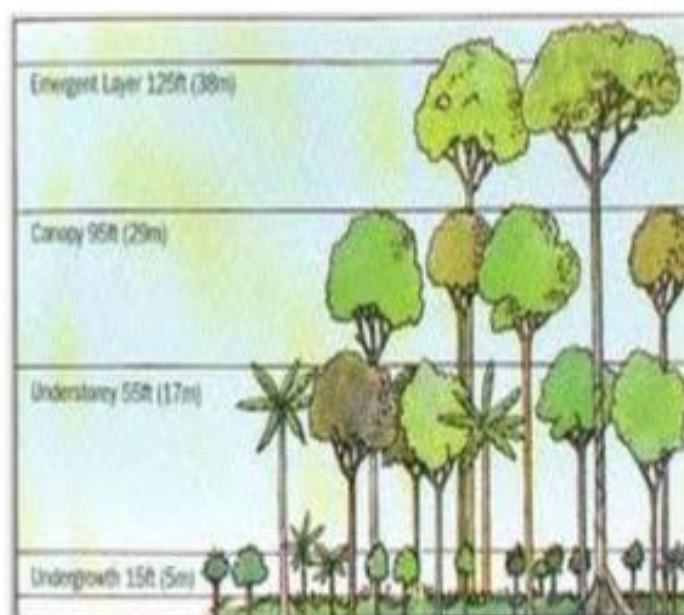
Q3. Which people are not involved on the Preparing for University project?

Scientific and geographical vocabulary		
	Term	Definition
1	<i>Rainforest</i>	A dense forest, normally found in tropical areas with high rainfall. They generate much of the world's oxygen.
2	<i>Country</i>	A nation with its own government e.g. UK, USA, Germany, Denmark, Brazil, China.
3	<i>Continent</i>	The world's main continuous pieces of land (Africa, Asia, Australasia, Europe, North America, South America, Antarctica).
4	<i>Ecosystem</i>	A community of plants and animals that depend on each other to survive.
5	<i>Deforestation</i>	The action of clearing a wide area of trees.
6	<i>Habitat</i>	The natural home or environment of an animal, plant or organism.
7	<i>Interdependent</i>	When two or more people or things rely on each other.

Location, Layers and features		
1	Equator	Imaginary line through the middle of the Earth that receives the most sunlight.
2	Tropic of Cancer Tropic of Capricorn	Imaginary lines north and south of the equator. Most rainforests can be found between these two lines.
3	<i>Emergent Layer</i>	Giant trees that enjoy the most sun but high winds & cold.
4	<i>Canopy</i>	Dense layer of trees overlapping each other. Home to most animals in rainforests.
5	<i>Understory</i>	Relatively dark, open area below the canopy.
6	<i>Undergrowth</i>	Also known as the forest floor, mainly consisting of fallen leaves, fruit etc. that decomposes as food for trees.
7	<i>Flora & Fauna</i>	Flora = Plants; Fauna = Animals.
8	<i>Nocturnal</i>	Animal that comes out at night. Sleeps during the day.
9	<i>Camouflage</i>	Blending in to hide in the natural environment.
10	<i>Mimicry</i>	Copying the look, sound or behaviour of something.

Causes of Deforestation	
1	To clear space for farming: growing crops (e.g. soya beans & palm oil) and space cattle to generate cheap beef.
2	Chopping down trees for wood.
3	To build roads to mine for metals, gold & diamonds.
4	To dig for oil.
5	To flood areas to make dams & generate electricity.

Impact of Deforestation	
1	An area the size of 20 football pitches is destroyed every 60 seconds.
2	½ of the tropical rainforests we had are gone.
3	28,000 species of animals are expected to become extinct in the next 25 years.
4	Local people's homes are destroyed.
5	Levels of carbon dioxide in the air are increasing and oxygen is decreasing.



Interesting facts	
1	Rainforests cover approximately 6% of the Earth's surface but contain more than ½ of the world's plants. About 90% of organisms are found in the canopy.
2	About 30 million species of plants and animals live in tropical rainforests.
3	There are two types of rainforests – Tropical and Temperate . Tropical rainforests are generally warmer than temperate ones.
4	Many things we have in our homes come from rainforests including: chocolate, sugar, rubber, bamboo and many medicines.

Tropical Rainforests

“the lungs of the earth”

KEY TERMS



rainforest
South America
ecosystem
deforestation
habitat
interdependent

CAUSES OF DEFORESTATION



space for farming
trees for wood
build roads to mines
dig for oil
flood areas for dams
make electricity

IMPACT OF DEFORESTATION



20 acres every 20 sec
50% of rainforest
25,000 species > 25 yr
O₂ decreasing
Increase in CO₂

LOCATION/LAYERS/ FEATURES



Equatorial
Tropic of Cancer
Tropic of Capricorn
emergent layer
canopy
undergrowth
flora/fauna
nocturnal
camouflage

INTERESTING FACTS



6% of earth's surface
30 million
plants/animals
2 types
tropical/temperate
chocolate, sugar
rubber, bamboo

Tropical Rainforests

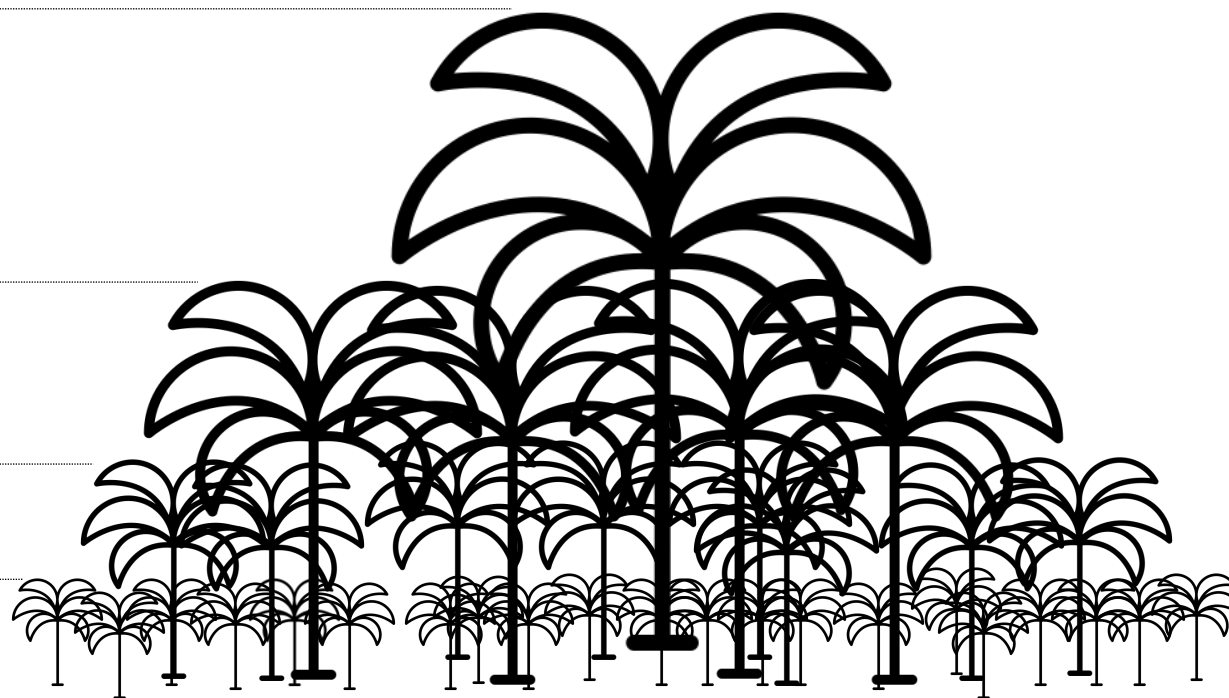
“the lungs of the earth”

Emergents

Canopy

Understory

Undergrowth



30 million species
of plant and
animals

Tropical Rainforests

“the lungs of the earth”

