

Contrast and Complement



A colour wheel is a diagram that organises colour hues around a circle. The colour wheel helps us to see the relationships between colours.

Tertiary colours

A tertiary colour is made by mixing equal amounts of a primary colour and a secondary colour. On the colour wheel, they sit between the primary and secondary colours from which they are made.



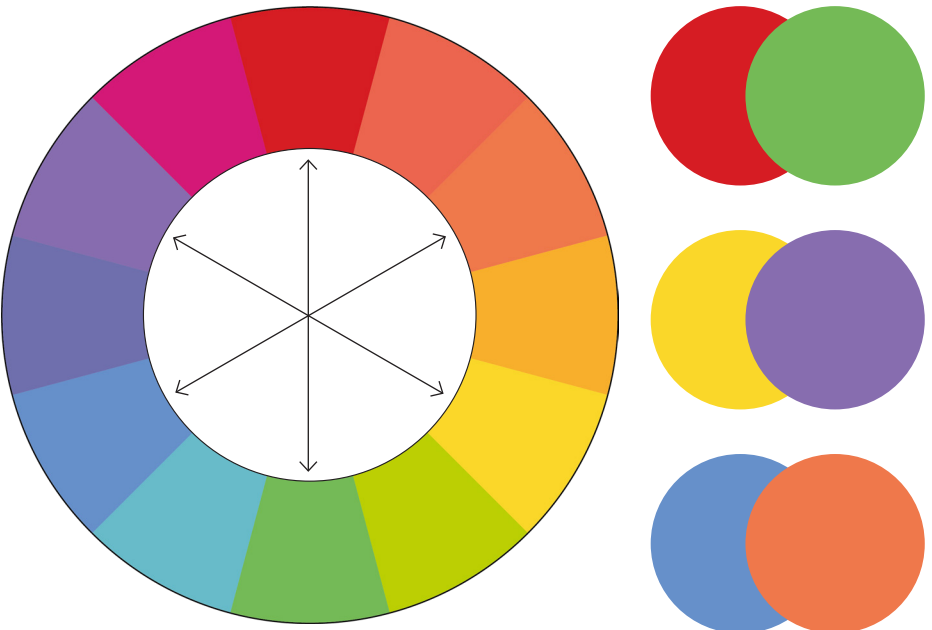
There are six tertiary colours.

-  red-orange, made by mixing red and orange
-  red-purple, made by mixing red and purple
-  blue-purple, made by mixing blue and purple
-  blue-green, made by mixing blue and green
-  yellow-green, made by mixing yellow and green
-  yellow-orange, made by mixing yellow and orange

When we say or write the tertiary colour names, we start with the primary colour first and the secondary colour second.

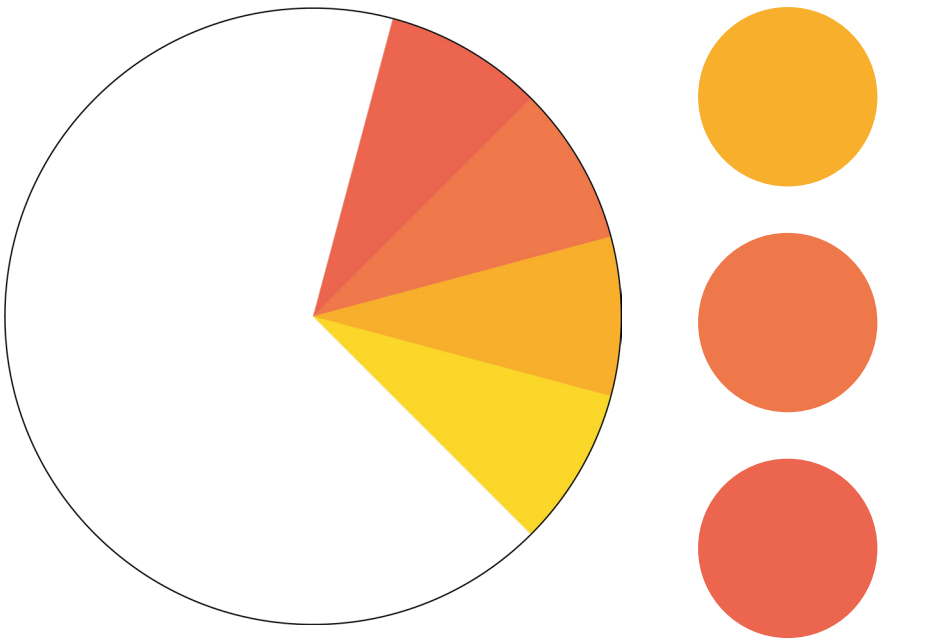
Complementary colours

Complementary colours are on opposite sides of the colour wheel. When used together in a painting, they give the greatest contrast. They include red and green, yellow and purple and blue and orange.



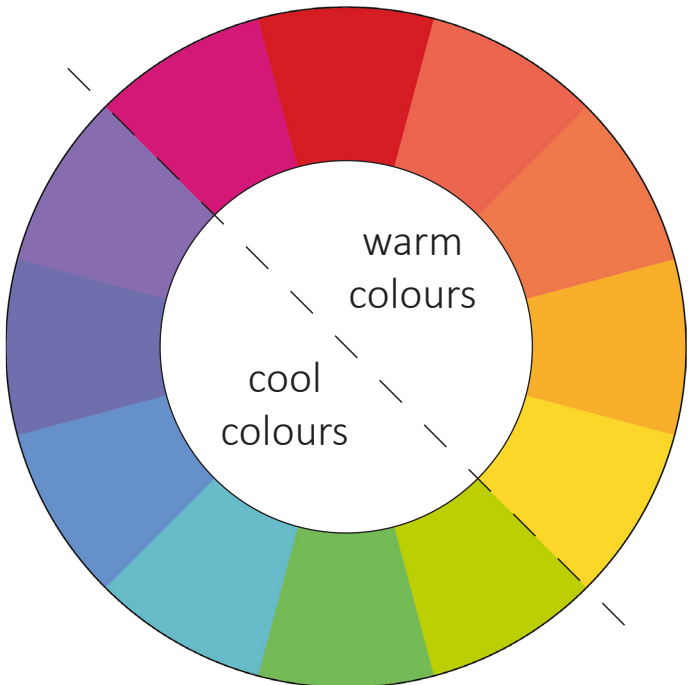
Analogous colours

Analogous colours sit next to each other on the colour wheel. Using analogous colours together creates a harmonious effect.



Warm and cool colours

The colour wheel can be divided into warm and cool colours. Warm colours can symbolise the sun or fire. Cool colours can symbolise ice, water or sky.



Glossary

analogous	To be similar to something else.
complementary	Something that enhances something else.
harmonious	Working well together.
hue	A version of a colour.
primary colour	A colour that cannot be made by mixing other colours.
secondary colour	A colour that is made by mixing equal amounts of two primary colours.
tertiary colour	A colour that is made by mixing equal amounts of a primary and secondary colour.

Prehistoric Pots

Prehistoric pots are pieces of pottery that humans made during the Neolithic, Bronze Age and Iron Age. One of the most famous types of prehistoric pottery is called Bell Beaker pottery, which was made at the beginning of the Bronze Age, c2500 BC. Bell Beaker pots were a completely new, more sophisticated and decorative style of pottery compared to the Neolithic pottery already made in Britain.



Neolithic pottery



Bell Beaker pottery

Bell beaker pottery

Shape and form

The Bell Beaker pots were shaped like an upside-down bell with a flared lip. Archaeologists believe this lip allowed a lid to be tied over the top of the pot.



Pattern

Bell beaker pots were usually elaborately decorated. Repeating patterns of lines, marks and shapes were scored into the clay using a variety of natural objects including fingernails, stones, shells, twigs, combs, rope and cord.



Glossary

archaeologist	A person who studies buildings, graves, tools and other objects of people who lived in the past.
pattern	A regular arrangement of lines, shapes or colours.
pinch pot	A clay pot made by pinching clay between a thumb and fingers.
potter	Someone who makes objects from clay.
score	To make a mark or cut on the surface of something with a pointed tool.

Exploring clay



Rolling coils

Coils are long, round rolls of clay. Coils can be used one on top of another to make a clay pot.



Making slip

Slip is a runny mixture of clay and water. Potters use slip to join two pieces of clay together.



Joining clay

Potters score clay and apply slip to join two pieces of clay together. This method of joining is called the score and slip technique.



Making a pinch pot

A pinch pot is a simple clay pot made by sticking a thumb into a ball of clay and then pinching the clay between the thumb and the fingers.

Cook Well, Eatwell

A healthy, balanced diet

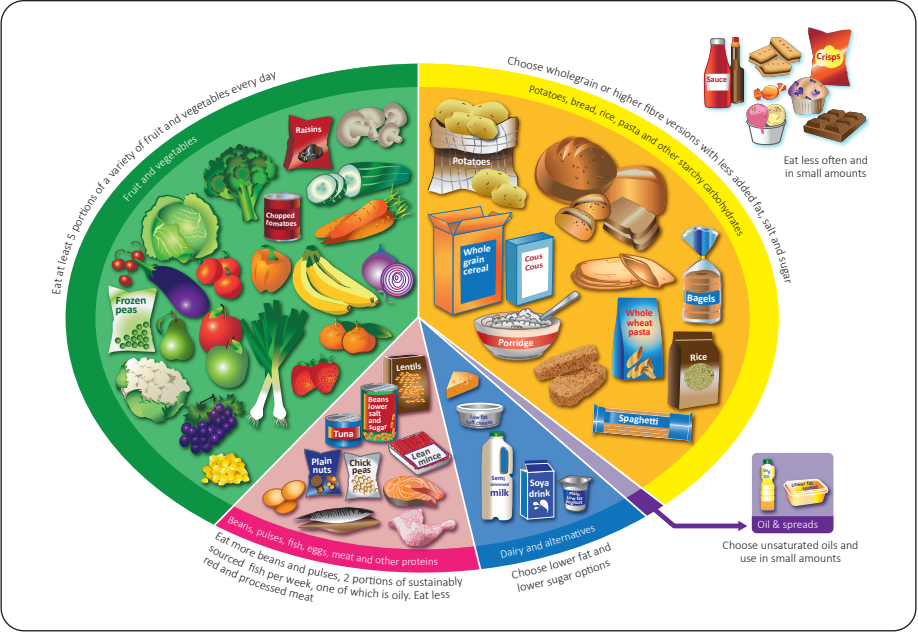
A healthy, balanced diet provides the right foods in the correct quantities for the body to grow and stay healthy.

Foods can be divided into five main groups:

- fruits and vegetables
- carbohydrates
- proteins
- dairy and alternatives
- oils and spreads

Eatwell Guide

The Eatwell Guide was launched in 2016 by Public Health England. It shows the balance of foods from the five main food groups that we should eat for a healthy, balanced diet.



The size of each segment represents the proportion of our daily diet that should be made up of that food group. Foods high in fat, salt and sugar are not part of the Eatwell Guide. They should only be eaten occasionally and are not part of a healthy balanced diet.

Fruits and vegetables

These provide vitamins to keep us healthy, and fibre to help digestion. They should make up about a third of the food we eat every day.



Carbohydrates

Carbohydrates give us energy and keep our digestive system working well. They should make up about a third of the food we eat every day.



Proteins

Proteins help us to build muscle and allow our bodies to grow and repair. Foods high in protein should make up about one-tenth of our daily diet.



Dairy and alternatives

These contain calcium, which is an important mineral for healthy bones and teeth. Dairy and alternatives should make up less than one-tenth of the food we eat every day.



Oils and spreads

These contain fat, which is an essential part of our diet. Fat provides important nutrients and helps us to absorb some vitamins. Oils and spreads should only make up a very small part of our diet.



Cooking methods

There are many ways we can cook food to make it taste better and be safe to eat.



boiling



steaming



frying



baking



roasting



grilling



microwaving



slow cooking



barbecuing

Glossary

mineral	A chemical that your body needs to stay healthy.
nutrient	Any substance that your body needs to live and grow.
vitamin	A natural substance that is needed in small amounts for the growth and good health of the body.

