



Creating a Carrot Flute – Natural Instrument Making

What is a Carrot Flute?

A carrot flute is a simple wind instrument made by carving holes into a large carrot to create a sound similar to a recorder or whistle. It uses natural materials and introduces students to the basics of pitch and airflow.

How to Make a Carrot Flute – Step-by-Step:

1. Materials Needed:

- Large, straight carrot
- Knife
- Hand drill or skewer
- Optional: small funnel or mouthpiece (can use the top of a plastic bottle)

2. Instructions:

- Cut the top off the carrot to create a flat end.
- Carefully hollow out the centre using a drill, skewer, or metal straw to make an air tunnel.
- About 2–3 cm from the top, carve a **whistle mouthpiece** – a slanted cut with a small square hole.
- Drill 3–6 **finger holes** along the length of the carrot.
- Blow through the top and adjust hole size and spacing to change the sound.

Natural Windchimes – Sound from the Environment

History of Windchimes: *Windchimes date back over 5,000 years. In Ancient China, they were used to scare away evil spirits. Later, they spread to Japan, India, and Greece for use in temples and homes. Today, they are often used for decoration, relaxation, or sound therapy.*

Recycling and Waste Management in Sunderland (UK)

Sunderland produces over **150,000 tonnes of household waste** every year, but only around **40% is recycled**. The rest is sent to landfill or used in energy recovery processes. To reduce pollution and protect the environment, Sunderland City Council is working hard to increase recycling through public education, improved facilities, and community programmes. Recycling helps turn everyday items—like plastic bottles, paper, and glass—into new products. For example, paper and card can become new packaging, food waste can be turned into compost or energy, and glass can be melted and reused. Recycling reduces the need to use raw materials from nature, helping to conserve natural resources and reduce greenhouse gas emissions.

Why School Children Should Recycle

School children play an important role in protecting the environment. By learning to recycle, they help reduce waste, save energy, and protect wildlife. Recycling prevents rubbish from ending up in rivers, oceans, and natural habitats where it can harm animals. It also reduces the need to cut down trees, mine for metals, or burn fossil fuels. Children who recycle set a good example for their families and friends, becoming role models for sustainable living. Learning about recycling also builds a sense of responsibility and helps students understand how small actions can make a big difference to the planet's future.