



## Home Learning Project: Food

### Week 6

Age Range: Year 3/4

#### Weekly Maths Tasks

- Work on [Times Table Rock Stars](#).
- Play [Hit the Button](#) and practise your division facts.
- Play a board game where you have to use a dice.
- Write down the digits 0 – 9 on separate pieces of paper. Choose 4 digits at random. Make the smallest and largest number you can. Write down all the 4 digit numbers you can and then put them in order.
- [This activity](#) will help you practise ordering.
- If you can see a road from your window, conduct your own traffic survey and make a tally chart. You could look for different vehicles or different car colours. Or you could use [these vehicles](#).

#### Weekly Reading Tasks

- You could share a story together. This could be a chapter book where you read and discuss a chapter a day.
- Listen to your child read and let them discuss what they have read. Encourage them to read with expression and intonation.
- Watch [Newsround](#) and discuss what is happening in the wider world.
- Get your child to read a book on [Oxford Owl](#) and discuss what your child enjoyed about the book.
- Find out about prefixes and suffixes using this [activity](#) and see how many you can spot when reading your book.

#### Weekly Spelling Tasks

- Practise the Year 3/4 [Common Exception](#) words.
- Choose 5 Common Exception words. Write a synonym, antonyms, the meaning and an example of how to use the word in a sentence. Can the word be modified?
- Choose 5 Common Exception words and practise spelling them using bubble letters. Write the word in bubble letters
- Choose 10 common exception words. Put them in alphabetical order.
- Use a dictionary to find the definitions
- Create a mnemonic ( a way of remembering how to spell a word, e.g. because: **big** elephants can always understand **small** elephants

#### Weekly Writing Tasks

- Play this [game](#) and then describe a person in your family using interesting adjectives.
- Look [here](#) then create a balanced menu including the different food groups.
- Write a set of instructions for how to make toast or another simple snack.
- Write an acrostic poem about your favourite food and remember to include lots of adjectives.
- Create a revolting recipe for a monster Take the [food change challenge](#) and then draw a food chain.

## Learning project

**The project this week aims to provide opportunities for your child to learn more food. Learning may focus on where different foods originate from, what makes a healthy meal, opportunities to cook etc.**

### **Let's Pray –**

Popcorn Prayers:

Set the focus for what you are praying about (thanks, help, trust, bless, etc) Say the start of the prayer phrase eg: Jesus, please bless ...

Allow children to complete the phrase.

Don't be afraid of silence ... children need time to think and stillness and silence are also important parts of prayer.

**Home Liturgy** - Dan and Emily from One Life music have recorded a [weekly liturgy](#) for families to share at home. Find some time in the day to pray together during this difficult time. It is such a wonderful way to bring us together as a community of prayer.

**Let's Wonder** - What is a balanced diet? Find out about the 5 food groups. Make slides or posters about what they find out about. Carbohydrates Protein Dairy Fruits and Vegetables Fats. Where does their food come from? Which foods come from the UK? What is fairtrade?

**Let's Create** - Make repeated pattern prints for decorative purposes using various natural materials, e.g. potato printing or create some still life observational sketches of fruit. Look at the artwork of Giuseppe Arcimboldo. Maybe recreate some of his paintings with fruit.

**Be Active** - Food provides us with energy and we need energy to exercise and this keeps us fit. You could dance to your favourite songs Recommendation at least 2 hours of exercise a week.

**Time to Talk** - As a family, design a healthy meal plan for the week. Discuss their favourite foods and why they enjoy them? Talk about healthy and unhealthy foods and explain the importance of eating a balanced diet.

**Understanding Others and Appreciating Differences** - Lunch around the world. Look at lunch around the world and investigate how differently people eat in other parts of the world. Find out what a vegetarian is? Vegan? Kosher food? Halal food?

**Reflect** - Make a meal by combining a variety of ingredients using a range of cooking techniques. Measure and weigh ingredients appropriately to prepare and cook a range of savoury dishes.