

Learning Project WEEK 6: Food

Age Range: KS1

Additional activities will be set by teachers on: spag.com & [Purple Mash](https://www.purplemash.com/).

Don't forget to look on your class blog on Purple Mash too.

Please also see the school website for a whole host of other ideas.

Weekly Maths Tasks (Aim to do 1 per day)	Weekly Reading Tasks (Aim to do 1 per day)
<ul style="list-style-type: none"> Working on Numbots - your child will have an individual login to access this. Play on Hit the Button - look at the games on number bonds (Y1 up to 20, Y2 up to 100), halves, doubles and times tables. Look in the cupboards and the fridge. Sort some of the foods you can find into different groups. You could sort them using the shape of the packaging, the type of food that is in them or any other way you can think of! Can you record your sorting in a Venn Diagram, Carroll Diagram or Tally Chart? Which group has the most or least number of items? Which item of food is the lightest or heaviest? Why might this be? Play the game Fruit Fall - answer the questions based on how many pieces of fruit you catch. Look at the way the data is recorded in the table, is there another way you could record the data? Choose and draw a 2D shape of your choice. List how many sides, vertices and lines of symmetry it has. Have a look if you can find your shape in any of the objects around your house or garden. On White Rose Maths choose the relevant Year Group and continue to work through the lessons. There is a daily lesson here with a short video showing you clearly and simply how to complete the activity successfully. The worksheets are now available on our website, as the free parent subscription has ended. 	<ul style="list-style-type: none"> Read out aloud the ingredients on the back of a tin or cereal box to an adult. Make sure you sound out the words and think about what they mean. Could you look up any words you are not sure of? Listen to the story 'Handa's Surprise' by Eileen Browne. Handa's house looks very different to our houses. Where do you think she and her friend Akeyo live? Why do you think that? Make a list of all the fruit that Handa had in her basket. Can you add phonic sound buttons to these words and then blend to read them? Can you find any of these pieces of fruit in your house? Find a recipe for your favourite food in a cooking book or online. Can you read the ingredients you will need to make it? Can you find any food in your house which have these sounds in their name? <ul style="list-style-type: none"> - ee - ur - sp - gr Read a variety of books and make a list of all the different types of food you find. Can you put these foods in alphabetical order? Listen to Newsround and discuss what has been happening in the world this week. What new things have you found out?

Weekly Phonics/Spellings Tasks (Aim to do 1 per day)	Weekly Writing Tasks (Aim to do 1 per day)
<ul style="list-style-type: none"> • The DFE are now doing Daily Phonics lessons. Look and listen to help you with your phases. • Daily phonics - your child to practice their sounds and blend words. Interactive games found through Phonics play. • Continue to work on the Teach your Monster to Read levels to support phonic awareness and blending sounds. • Continue using Spelling Frame to learn new words that follow a rule. Look at rule 26 for your year group and work on these spellings for the week. To really challenge yourself, see if you can use any of these words in any of your writing tasks. 	<p>Link to Reading:</p> <ul style="list-style-type: none"> • Think about Handa's journey to see Akeyo. Write a poem describing the journey and the animals stealing the fruit from Handa's basket. Can you describe the environment that Handa is walking through? What sounds do you think you would hear? Would you be able to smell anything? If you want to challenge yourself, see if you can make your poem rhyme! • Ask if you can write a shopping list for the week. Can you group the items into food groups on the list, so they are easy to find in the shop? You could group them into fruit, vegetables, meat, dairy etc. • Draw a picture of a healthy meal that you enjoy eating. Label all the different food you have on your plate. • Write a recipe for making toast. Make sure you number your instructions, so they are easy to follow. Could you include some imperative verbs? • Design a new label for a cereal box. How will you make it stand out in the shop? Make sure it is eye-catching! Can you use an exclamation mark? What important information do you need to include? Have a look at a cereal box in your house to help you.

Food

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 Explore:**

Watch this [video](#) about the 3 main food groups we need to eat to stay healthy. Create a [chart](#) to record which foods you eat this week. Are you eating a balanced diet with all the 3 main food groups (carbohydrates, proteins and fats)? Are there any foods you eat which have all 3 types of nutrients? You might have to read the packet or research which nutrients are in the foods you eat.



- **Let's Create:**

Thinking about the 3 main food groups that we need to eat to be healthy, plan a meal for your family using the food you already have in the house. Ask an adult if they can help you cook the meal. Could you cook as a family? Who will measure the ingredients? Can you cook a starter, a main course and a dessert?

It is really important to wash your hands properly before you start cooking – following the steps in this [video](#) will make sure you are ready to cook!



- **Let's be Active:**

As well as games and exercise in the garden (weather permitting) here are some great indoor resources to try:

- Join The Body Coach live, each day, at 9am for [PE with Joe](#).
- Spend time exercising on [Go Noodle](#) with the family
- Try a new dance routine on [Just Dance](#).
- Wind down with some [Cosmic Yoga](#)

As well as eating the right food, we need to exercise to stay healthy. The recommendation is for children to have at least 2 hours of exercise a week. Make it fun and do it together.



- **Let's Connect:**

We know that we need to eat a balanced diet with the 3 main food groups, but some people do not eat certain foods. For example, vegetarians do not eat meat and vegans do not eat any animal products. Some people have allergies and cannot eat certain foods. Do you or your family know anyone who is a vegetarian, a vegan or has a food allergy? Maybe that person is you! Ask if you can talk to them about the type of food they usually eat through email/phone/skype. How are they different to the foods you like to eat? How do they make sure they eat a balanced diet of carbohydrates, protein and fats? What is their favourite food?

- **Let's Reflect:**

Many people in different countries have various dishes to celebrate their festivals. Do you have a traditional food that you enjoy with your family for a certain festival or celebration? Maybe you always have a cake for your birthday. Find out about what people in other countries eat to celebrate the same festival. What are the similarities? What is different? Is there a special way that the food is prepared?



Additional learning resources parents may wish to engage with

Additional Year 1 phonics support can be found [here](#).

Additional Year 2 work to support SATs can be found [here](#).

If you want to access teaching material daily, we suggest the following resources:

Please look at the [White Rose Maths](#) resources. This is the Maths Scheme of work we follow in school so is the perfect choice. There is a daily lesson from Early Years to Year 6 with a short video showing you clearly and simply how to help your child to complete the activity successfully. Activity Sheets can now be found on our website.

[The Oak Academy](#) is a virtual school providing 180 free lessons a week for children from Reception to Year 6. It is supported by various education organisations including the Sutton Trust, the Teaching Schools Council and is being backed by the DfE.

[BBC Bitesize](#) have daily lessons which have been created with teachers and other educational experts and feature a mix of videos, animations, practice activities, quizzes and games.

#TheLearningProjects