

# St Mary's Home Learning Programme

Learning Project WEEK 7 of Home Learning - Food	
Age Range: Key Stage 1	
Weekly Maths Tasks (Aim to do 1 per day)	Weekly Reading Tasks (Aim to do 1 per day)
<ul> <li>Play on <u>Hit the Button</u> - number bonds, halves, doubles and times tables.</li> </ul>	Read out aloud the ingredients on the back of a tin or cereal box to an adult?
<ul> <li>Look in the cupboards and the fridge. Sort some of the foods you can find into different groups.</li> <li>Which food group has the most or least number of items? Which item of food is the lightest or heaviest? Why might this be?</li> </ul>	<ul> <li>Can you add the sound buttons onto three words?</li> <li>Find a cooking book in the house or online and read the ingredients needed to make something.</li> </ul>
<ul> <li>Play the game <u>Fruit Fall</u> - answer the data handling questions based on how many pieces of fruit you catch.</li> </ul>	• Find a food leaflet in the house and read some of the items. Make a list of the food in alphabetical order and add on sound buttons.
<ul> <li>Choose and draw a 2D shape of your choice. List how many sides, vertices and lines of symmetry it has.</li> </ul>	Read a variety of books and make a list of all the different types of food you find.
Weekly Phonics/ Spelling Tasks (Aim to do 1 per day)	Weekly Writing Tasks (Aim to do 1 per day)
<ul> <li>Daily phonics - Ask your child to practice their sounds and blend words. Interactive games found on link below.</li> </ul>	• Create a shopping list for the week. Can your child group the items into food groups on their list e.g. fruit and vegetables, meat, dairy?
<ul><li>Phonics play</li></ul>	<ul> <li>Write a recipe for a healthy meal of their choice.</li> <li>Can they use subheadings for the ingredients and instructions?</li> </ul>
<ul><li>Top Marks</li><li>Spelling</li></ul>	<ul> <li>Write a set of instructions for making toast. Can they use imperative verbs?</li> </ul>
<ul><li>Spell the days of the week</li><li>Spell common exception words</li></ul>	<ul> <li>Design a new label for a cereal box. What eye catching information will you add? Can you use an exclamation mark?</li> </ul>
• <u>Spelling City</u>	• Write a poem about your favourite food. Will it rhyme?
	Design a new milkshake. Which ingredients will you include? Can you label the milkshake? Will you have a mascot that is linked to your new creation? Can you make the milkshake?

# Learning Project - to be done throughout the week

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.

### **Balanced diet:**

Show your child this <u>video</u> about how to have a balanced diet. <u>Play</u> these games about healthy eating. What do we have today? Look in the kitchen to see if you can create an A-Z list of foods.



<u>Fruit and vegetables</u> - Draw pictures of fruit and vegetables in your house. Label the fruit and vegetables and place in alphabetical order.

Sorting activity: Collect food from the kitchen and sort into healthy and unhealthy foods.

<u>Design a poster</u> - think about the foods you like to eat and food that you need to eat to keep you healthy. Create a poster that you can put in the kitchen or in the school hall. Will you be able to use any food wrappers or make your poster interactive?

**Healthy lunchbox**: can you play this game and make a healthy lunchbox?

<u>Traditional food</u>: Many cultures have various dishes of food to celebrate their festivals. Find out about a festival and compare it to a different festival. What are the similarities? What are the differences? How is the food prepared? Do you have any traditional food you enjoy with your family?



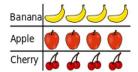
## **Designing a school menu:**

Can you design a new school menu? What could you add? What would you keep the same? Will it be a healthy school menu? Can you find pictures or draw pictures to add to your menu? Plan out your menu and remember to include prices. Will you have a different menu every day?

**Cooking**: find a few recipes and check if you have the ingredients at home and cook a meal for your family. Think about a starter, main and dessert. Can you cook as a family? Who will do the measuring?

### Fruit survey:

Ask in your family the different fruits they like to eat. Collect the information and add it to your tally chart. Can you represent this information in a particular way?



#### Fruit and vegetables printing:

Look at the work of the <u>artist</u>: Lynn Flavell. How does she represent fruit and vegetables? Can you create a piece of artwork in the style of Lynn Flavell.





Look at the work of <u>Giuseppe Arcimboldo</u>. Using different drawing materials, can you create a picture of your own?