

St Mary's Home Learning Programme

Learning Project WEEK 7 of Home Learning - Food

Age Range: Years 3/4

Weekly Maths Tasks (Aim to do 1 per day)

- Working on [Times Table Rockstars](#) - your child will have an individual login to access this (20 mins on SOUND CHECK).
- Play on [Hit the Button](#) - focus on number bonds, halves, doubles and times tables.
- Adding totals of the weekly shopping list.
- Practise telling the time. This could be done through [this game](#) (scroll down to access the game). Read to the quarter hour and the nearest 5 minutes.
- Get a piece of paper and ask your child to show everything they know about **Time**. This could be pictures, diagrams, explanations, methods etc. They can be as creative as they want to be.
- Practise counting forwards and backwards from any given number in 3s.

Weekly Reading Tasks (Aim to do 1 per day)

- 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](#), discuss what your child enjoyed about the book.
- Explore new vocabulary you find when reading. What are the origins of this word? Can it be modified? Can you find any synonyms or antonyms for your new word?
- With your child, look in magazines, newspapers and books for new vocabulary they are unfamiliar with. They could use a highlighter to highlight in magazines and newspapers

Weekly Spelling Tasks

- Practise the Year 3/4 for [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, e.g.



Weekly Writing Tasks (Aim to do 1 per day)

- Write a recount to a family member telling them all about how your day or week has been.
- Write a shopping list that ensures their family will eat a balanced diet. Remembering to include exciting adjectives.
- Write a recipe. How to make ... Remembering to include a list of ingredients and things they need. Also not forgetting to include headings and subheadings. Then write their set of instructions, remembering to include imperative verbs. (Verbs that command you to do something).
- Write a review about a meal they've eaten. Describe what they had to eat. What did they enjoy and why?
- Choose a particular food and write an acrostic poem. Think about where it comes from? What does it look like? What does it taste like? Etc....
- Take part in a [writing master class](#).

Super
Cool
Happy
On time
Outdoor play
Learning

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.

- **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. Why not choose a dance from [Supermoves?](#)

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.

