

Learning Project WEEK 6 - Food



Green Room 2

Weekly Maths Tasks (Aim to do 1 per day)	Weekly Reading Tasks (Aim to do 1 per day)
<ul style="list-style-type: none"> 👉 Access Maths learning on Education City 👉 Play on Hit the button- number bonds, halves, doubles and times tables. 👉 Look in the cupboards and the fridge. Sort some of the foods you can find into different groups. Which food group has the most or least amount of items? Which item of food is the lightest or heaviest? Why might this be? 👉 Choose and draw a 2D shape of your choice. List how many sides, vertices and lines of symmetry it has. 👉 Involve your child through helping to weigh and measure the ingredients in every day cooking opportunities. Use language such as heaviest, lightest, more, less. 	<ul style="list-style-type: none"> 👉 Can you read fiction, non-fiction and poems about animals? Discuss these with the child. 👉 Listen to your child read and let them discuss what they have read. (Use the comprehension questions found in your white learning journal). Encourage them to read with expression and intonation. 👉 Read out aloud the ingredients on the back of a tin or cereal box to an adult? 👉 Can you add the sound buttons onto three words? 👉 Find a cooking book in the house or online and read the ingredients needed to make something. 👉 Read a variety of books and make a list of all the different types of food you find.
Weekly Spelling Tasks (Aim to do 1 per day)	Weekly Writing Tasks (Aim to do 1 per day)
<ul style="list-style-type: none"> 👉 Practise your spelling on Spelling Frame 👉 Practice forming the letters of the alphabet. Follow cursive script. 👉 Daily phonics- your child is to practice their sounds and blends word using education city. 👉 Choose 5 common exception words and use these in a sentence. 👉 Practice phonic awareness through: Phonics Play, Top Marks and Spelling City 👉 Spell the days of the week: Keep a diary of things you do in the week. 	<ul style="list-style-type: none"> 👉 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. 👉 Write a recipe for a healthy meal of their choice. Can they use subheadings for the ingredients and instructions. 👉 Write a set of instructions for making toast. Can they use imperative verbs? 👉 Design a new label for a cereal box. What eye catching information will you add? Can you use an exclamation mark? 👉 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.

- **Healthy and Unhealthy:**

Provide your child with a selection of items from your kitchen cupboards. Can they sort them into things that are healthy and unhealthy? Discuss why the food is good for you or bad for you. Look at the [eatwell plate](#) to help figure out which foods they should eat a lot of or not very much of.

Discuss how exercise is an important part of staying healthy. Watch and complete a 10 minute [shake up](#)

- **5 a day:**
Support your child to create a food diary to record how many pieces of fruit and vegetables they eat in a day. They could write these using their phonics knowledge or draw a picture of each item.
- **Create a collage:**
Ask your child to draw out a number of fruits or vegetables, large enough to fill a piece of A4 paper. Provide them with a selection of colourful packaging. Can they cut out and collage on to their picture to
- **Design a poster:**
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?
- **Traditional food:**
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?
- **Be Active:**
[Go Noodle](#) with the family or have a family workout. Fancy a dance? There are lots of dance videos they could try. [Dance](#). Maybe try some [Yoga](#).
Recommendation at least 2 hours of exercise a week.

Additional learning resources parents may wish to engage with

[Classroom Secrets Learning Packs](#) - These packs are split into different year groups and include activities linked to reading, writing, maths and practical ideas you can do around the home.

[Twinkl](#) - to access these resources click on the link and sign up using your own email address and creating your own password. Use the offer code UKTWINKLHELPS.

[Headteacherchat](#) - This is a blog that has links to various learning platforms. Lots of these are free to access.

[Education City](#) – All children should have their own log in in their learning journal

#TheLearningProjects

If you have any queries, please do not hesitate to contact:

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