

## Learning Project WEEK 6 - Food

### Age Range: Y4

Hello Year 4. The Think U Know website has produced some activities that you can do at home, as a family, in order to raise awareness of online safety, which you can find by clicking on this link - <https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

Remember to:-

- Use devices in a set area ideally where an adult is close by. Avoid using devices in your bedrooms
- Limit the time you are online and have a time when you switch it off before going to bed – an hour before bed is recommended
- Listen to your adults and make them aware if anything is happening online that makes you feel uncomfortable

Carrying out daily acts of kindness is an excellent way to reduce feelings of anxiety in all of us, encouraging us to think of others, taking the focus off of ourselves. Below is a link that might be useful.

<https://mindup.org/acts-of-kindness/>

As a school, we have signed up to be part of the Virtual School Games. Details of how you can get involved are outlined below:

Complete the sporting activities from the Northamptonshire Virtual School Game website:

<https://www.northamptonshiresport.org/school-games>

Sign up free on the link above, then complete the short challenges and record your scores on the site, remembering to record the school as

‘Havelock Schools’.

Good luck!



### Weekly MathsTasks (Aim to do 1 per day)

- Card games are a great way to develop maths skills. **Activity Village** is a useful site for lots of things to do with children and has some simple instructions for a variety of card games. <https://www.activityvillage.co.uk/card-games>
- For maths, we would like to share extra resources for you to try. Follow the link above for daily maths lessons by White Rose, a resource that we use for planning in school. Please just be aware that topics may come up that we have not yet taught and that some children may need to go to previous year groups for more appropriate work. <https://whiterosemaths.com/homelearning/>
- BBC Bitesize has a daily maths lesson. There is a clear link for each year group. Again, you may find it necessary and valuable to work from earlier years. <https://www.bbc.co.uk/bitesize/dailylessons>
- Please continue to practise Times Tables on [TTRS](https://www.ttrs.co.uk/), completing regular sound checks so that we can see how you are doing.

- Of course, [My Maths](#) is also an excellent resource – maybe concentrate on any of the ‘Time’ lessons so that you can be a whiz at telling the time before you come back to school.

### Weekly Reading Tasks (Aim to do 1 per day)

- Renaissance Learning, who produce AR, has made access to their digital books free during the lockdown. Below is a link. It's not full access to the myon experience - pupils won't have a record of what they have been reading linked to their AR accounts and they can't quiz directly from the myon site but it does offer more free ebooks to read.  
<https://readon.myon.co.uk/>
- Who doesn't enjoy a bit of Harry Potter? Especially when it's read by Harry himself...  
<https://www.wizardingworld.com/chapters/reading-the-boy-who-lived>
- Listen to your child read and let them discuss what they have read. Encourage them to read with expression and intonation. If the book is in the AR system, you can quiz using this link  
<https://ukhosted34.renlearn.co.uk/2245929/default.aspx>. Not sure if the book has a quiz? Check on <https://www.arbookfind.co.uk/default.aspx>
- Curriculum Visions is an excellent online resource, with books about a wide range of topics and reading comprehensions available to try. Login with  
Username: Havelock/0001  
Password: jungle
- Our website contains links to other useful websites at  
<https://www.havelockschools.org.uk/index.php/curriculum/links>

### Weekly Spelling Tasks (Aim to do 1 per day)

- Practise the Year 3/4 for [Common Exception](#) words.
- Choose 5 Common Exception words. Write synonyms, 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 writing.  
e.g

A B C D E  
F G H I J K  
L M N O P  
Q R S T U  
V W X Y Z

- <https://www.spellingshed.com/> offers a 30 day free trial and has lots of resources and structured approaches to learning to spell.

### Weekly Writing Tasks (Aim to do 1 per day)

- Plan a celebration meal for the end of lockdown. List the foods you will eat or have missed the most.
- 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 (bossy) 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....

WALKING IN THE RAIN  
INSIDE IS STILL COLD  
NEVER WEAR SHORTS  
TEDDY BEARS  
EXCITED FOR TAKEAWAYS  
RUBBISH CLEARED OUTSIDE

AMAZING  
BEAUTIFUL  
KIND  
TRENDY  
LOVING  
AWESOME

- You will find Talk for Writing sessions at the link below, which you and your child might enjoy.  
<https://www.talk4writing.co.uk/covid-19/>
- You can take part in a daily, structured writing session with Jane Considine on YouTube using her sentence stacking approach that we have used in school so your your children will be familiar with.  
<https://www.youtube.com/watch?v=nMVpipnXrDc>

### Learning Project - to be done throughout the week

The project this week aims to provide opportunities for your child to learn more about 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?](#)

You might like to try Cosmic Yoga at

[https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo\\_Gsi\\_qbQ](https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ)

There is a Harry Potter routine at <https://www.youtube.com/watch?v=R-BS87NTV5I>.



Take part in Joe Wicks' daily workout.

Have a go at a Real PE exercise.

<https://home.jasmineactive.com/login>

Email: [parent@havelockju-1.com](mailto:parent@havelockju-1.com)

Password: havelockju



- **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.



- **French**

Find out the French words for your favourite foods.

[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. Search for French food and drink.

### **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.

If you are on Twitter and a fan of [Taskmaster](#), search for [#hometasking](#). Alex Horne is setting new tasks every couple of days that might be fun to get involved with.

**#TheLearningProjects**