

Year 1 Week 4 – Food

Weekly Maths Tasks

- Work on [Numbots](#)
- Play number bond games such as [Hit the Button](#); [hit the correct target](#)
- Can you find a range of fruit and vegetables in your home and measure them? Maybe you could measure them using a ruler or objects in your house such as paper clips. Which vegetable or fruit was the longest?
- Using the same fruit or vegetable now find out which item is the heaviest and which is the lightest. You could find this out by holding them and feeling how heavy or light they each feel. You could use scales if you have them.
- Make a pictogram. Ask members of your family in your home or use the phone to contact other family members and find out what their favourite piece of fruit is. What piece of fruit was liked the most? Which fruit was liked the least? Why?
- Food shopping list. Can you help an adult write a food shopping list? Can you estimate how much the shopping will cost? Then look at the receipt after shopping to see how much each food item cost? Did the shopping cost more or less than what you estimated?

Weekly Reading tasks

- Complete different phonics activities on [Phonics Play](#).
- Watch and listen to [Supertato](#) and discuss what your favourite part of the story is. How do you think Evil Pea was feeling when he was trapped in the jelly? What do you think he might have been thinking? Can you think of a different ending for the story? Try and act out the new ending with your family.
- Watch and listen to the instructions for how to make [Moroccan Fish Ball Tagine](#) Why do they use a tagine? Can you recall the ingredients that Malika needed? Discuss what your favourite meals are at home. Does your family cook any traditional dishes?
- Read a recipe book and discuss which recipes are healthy and which are unhealthy. Explain which ingredients are unhealthy and why.
- Watch and listen to [The Very Hungry Caterpillar](#) . What healthy food items did he eat? What unhealthy food did he eat? Why was he poorly towards the end of the story? What did he eat to make himself feel better? What food items do you like from the story?

Weekly writing tasks

- Once you have made your Banana Sushi Bites (see below in Learning Project) write a set of instructions telling a friend how they can make their own. Remember to use time connectives (First, Next, After that, Then, Finally) to help show the order.
- Design your own Vegetable Superhero – Draw and label your character. Write a character description of your superhero; writing sentences to describe their appearance and their personality. What superhero powers do they have? You could bring your character to life by making them out of real vegetables.
- Write a story about your Super vegetable character. What has the Evil Pea been up to and how does your superveg save the day? Remember to include story language such as Once upon a time, Next, After that, Suddenly, The end.
- Using your knowledge of food groups write a healthy shopping list for your family to use on their weekly shop.

Learning project

- Science experiment – Will an orange sink or float? Predict what you think will happen when an orange is put into water – Will it sink or will it float? Fill a container with water and place the orange in to see what happens. Record your findings by writing sentences about what happened. Next peel the orange and predict what will happen – Will it sink or float? Put the peeled orange in the water to see if your prediction is correct. Write sentences to show your findings this time. Were they different?
- Design and make your own Banana Sushi Bites. You can come up with your own toppings. Take pictures as you are making – Please see attached for the Recipe.
- You have been invited to a picnic and need to take a healthy balanced lunch – draw and label what you would take. Write sentences explaining why you have made those choices.
- Explore different ways that you can sort foods at home – you could sort these practically or by drawing them into the different groups e.g. Healthy versus unhealthy, different food groups (carbohydrates, meat, dairy, fruit and vegetables, fats and oils). Talk about which foods you should eat more of and which foods you should eat less of.

Other useful websites/resources

[CBeebies My World Kitchen](#) – Children share different food from around the world and explain how they make it at home.

[BBC Good Food – Kids' cooking recipes](#) – A range of simple, child friendly recipes that you can try at home as a family.

[Letters and sounds for home and school](#) – Follow the Department for Education Phonics lesson on Youtube. Start with Year 1 Lesson 1.

[Oxford Owl](#) – The website has a range of free activities and resources that you can do at home with your child. It is easy to access split into year groups.

[Cbeebies Stories](#) – Listen to a story and watch it come alive.

[Classroom secrets](#) – Classroom secrets are offering free home learning packs for each year group.

[Draw with Rob](#) – Children author Rob Biddulph is doing an online draw along for children. Try following one of his videos and send it what you draw.

Email

Remember you can discuss work with the class teacher via weekly phone calls. You can also email any photographs or work to be shared on twitter. Please include your child's name and class on emails so it can be forwarded to the correct teacher!

Email - enquiry@yarnfieldprimary.org.uk

Banana Sushi Bites



Ingredients

Bananas

Peanut butter (Smooth) or chocolate spread (e.g. Nutella)

Cereal (e.g. Rice Krispies)

Sprinkles

Chocolate chips

Coconut flakes

Any other delicious toppings! Just use your imagination.

Method

1. First peel the banana and carefully cut it into 2 inch pieces.
2. Next take one of the banana pieces and slowly spread a nice layer of the peanut butter or Nutella on the outside. Make sure it is not too much! This will act like the glue you need to stick on your topping.
3. After that roll your banana piece in your topping. It should get nice and covered.
4. You can add a stick to make it easier to eat your Banana Sushi Bites.
5. Then repeat this with the other banana pieces.
6. Finally enjoy and share your appetizing Banana Sushi Bites with your family.