

Year 3 Week 4 – Food

Weekly Maths Tasks

- Play on Hit the Button – focus on times tables and division facts <https://www.topmarks.co.uk/maths-games/hit-the-button>
- Continue using Times Tables Rockstars
- As this week's theme is "Food," choose a recipe of your choice to follow and have fun weighing out and measuring the ingredients. (Feel free to follow the recipe and make your family a treat to eat!)
- Find objects around your home. Estimate the weight of these objects. Then weigh them so see how close you were. List your results in a table like the one below:

Object	Estimate (kg)	Actual weight (kg)

- Create a poster about different ways to measure things e.g. height, weight, mass etc

Weekly Reading tasks

- Reread the last chapter of 'Charlotte's Web'. Rewrite the ending of a book to create a new ending.
- Choose a book that online or at home – create a list of exciting vocabulary you have found in the text. How many times can you use these new words throughout the day?
- Watch 'Taking Flight' <https://www.literacyshed.com/takingflight.html> Can you answer the following questions:
 - How does the boy feel at the beginning of the video? Why does he feel this way? What evidence is there to support this?
 - How do his feelings change throughout the video?
 - How does dad feel at the start of the video? How do you know this?

Weekly writing tasks

- Using recipes from books as a guide, create your own recipe for your dream meal. You could draw out the ingredients and label them and draw the finished meal. You might be able to write a short paragraph as instructions.
- Create a food diary to record how many pieces of fruit and vegetables you eat in a day. You could write them down and/ or draw a picture of each item.
- Look in the kitchen - can you create an A to Z of foods? A = Apple B = Blackberry Jam
- Write a shopping list that ensures their family will eat a balanced diet. Remembering to include exciting adjectives.
- 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 this food comes from. What does it look like? What does it taste like? Etc.

Learning project

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.

- Look at a range of different packages found around the kitchen. What makes it stand out to a customer? Design a package for a treat of their choice.
- Find a selection of items from your kitchen cupboards (Ask mom or dad first!). 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.
- Using food or old packaging, set up a food shop to act out being the shopkeeper and customer (play with a member of your family). You could introduce coins to support your knowledge of money. Use a notepad as a shopping list to record what you buy and how much it was
- With an adult, mix cornflour with a small amount of water in a mixing bowl. It will make a slimy, stretchy mixture. Explore the change of texture from wet to dry and the texture of the gloop.
- 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?
- 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? Can you create a fruit quiz, to identify different fruit and vegetables?
- With an adult, 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.
- Miss Begum has baked a Chocolate Swiss Roll and she has challenged you to make your own. You can use any filling you desire! Here is the YouTube link to the recipe: <https://www.youtube.com/watch?v=p8MYxMGud4Q>. Have fun, and don't forget to send in your pictures! Here is Miss Begum's Swiss Roll:



Other useful websites/resources

[Oak National Academy](#) – government provided lessons, including video presentations

[BBC daily lessons](#) – loads of great resources, games etc.

How to make an ice-cream sundae - <https://www.youtube.com/watch?v=oHJXZhOPSwo>

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

The Eatwell plate



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS