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| **Learning Project WEEK 6 - Food** |
| **Age Range: Y3/4** |
| **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](https://www.youtube.com/watch?v=Xto8ZqCYDvY) [Protein](https://www.youtube.com/watch?v=KSKPgaSGSYA) [Dairy](https://www.youtube.com/watch?v=fNH9IVLWtZs) [Fruits and](https://www.youtube.com/watch?v=kteZneJm1EI&t=3s)  [Vegetables](https://www.youtube.com/watch?v=kteZneJm1EI&t=3s) [Fats](https://www.youtube.com/watch?v=vADtodHhfKU). Where does their food come from? Which foods come from the UK?  [What is fairtrade?](https://www.youtube.com/watch?v=VeUGvhINwHw)* **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](https://en.wikipedia.org/wiki/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](https://www.bbc.co.uk/teach/supermovers)? ***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.](https://www.youtube.com/watch?v=Po0O9tRXCyA) 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. |
| **Additional learning resources parents may wish to engage with** |
| [**Classroom Secrets Learning Packs**](https://classroomsecrets.co.uk/free-home-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**](https://www.twinkl.co.uk/offer/UKTWINKLHELPS?utm_source=promo&utm_medium=email&utm_campaign=England_coronavirus_schools_email&utm_content=offer_link) **-** 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**](https://www.headteacherchat.com/post/corona-virus-free-resources-for-teachers-and-schools) - This is a blog that has links to various learning platforms. Lots of these are free to access.  |
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