

FOOD

Reading

Task 1:

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?

Task 2:

Find a cooking book in the house or online and read the ingredients needed to make something.

Task 3:

Find a food leaflet in the house and read some of the items.

- Make a list of the food in alphabetical order and add on sound buttons.

Task 4:

Read a variety of books and make a list of all the different types of food you find.

Writing

Ask your child to:

Task 1:

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.

Task 2:

Write a recipe for a healthy meal of their choice. Can they use subheadings for the ingredients and instructions.

Task 3:

Write a set of instructions for making toast. Can they use imperative (bossy) verbs?

Task 4:

Design a new label for a cereal box. What eye catching information will you add? Can you use an exclamation mark?



Task 5:

Write a poem about your favourite food. Will it rhyme?

Task 6:

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?

Topic:

Food

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.

Task 1:

Balanced diet:

Show your child this [bbc Bitesize idea](#) about how to have a balanced diet.

Task 2:

Play these [games from the Curriculum for Wales site](#) about healthy eating.



- What do we have today?

Task 3:

Look in the kitchen to see if you can create an A-Z list of foods.

Task 4:

Fruit and vegetables - Draw pictures of fruit and vegetables in your house. Label the fruit and vegetables and place in alphabetical order.

Task 5:

Sorting activity: Collect food from the kitchen and sort into healthy and unhealthy foods.

Task 6:

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?

Task 7:

Healthy lunchbox:

- Can you play this [game from the 'Food-a fact of life' site](#) (you will need to enable flash to play this) and make a healthy lunchbox?

Traditional food:

Many cultures have various dishes of food to celebrate their festivals.

Task 8:

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?



Restaurant:

Task 9:

- Can you plan a menu?
- Think about what you would like to have on your menu.
- Can you design a menu for a vegetarian?
- Can you design a menu for a vegan?
- Will you have options on your menu for people who have allergies?

Task 10:

Look around the house for any leaflets or take away menus.

- What price is the food?
- Can you do any meal deals?

Task 11:

Designing a school menu.

- Can you design a new school menu?
- What could you add?
- What would you keep the same?
- Will it be a healthy school menu?
- Can you find pictures or draw pictures to add to your menu?
- Plan out your menu and remember to include prices.
- Will you have a different menu everyday?

Task 12:

Cooking:



Find a few recipes and check if you have the ingredients at home and cook a meal for your family.

Think about a starter, main and dessert.

- Can you cook as a family?
- Who will do the measuring?

Task 13:

Fruit survey:

Ask in your family the different fruits they like to eat. Collect the information and add it to your tally chart.

- Can you represent this information in a particular way?

Task 14:

Fruit and vegetables printing:

Look at the work of the artist: [Lynn Flavell \(link to a bbc video\)](#).

- How does she represent fruit and vegetables? Can you create a piece of artwork in the style of Lynn Flavell.

Task 15:

Look at the work of [Giuseppe Arcimboldo \(link to a powerpoint about his life\)](#)

Using different drawing materials, can you create a picture of your own?