



Year 3



Term 6 Week 5 – 29th June– 3rd July

This week's topic: What's on the menu?

Dear Parents & Carers,

We have really enjoyed receiving photos of your fantastic work. This week our topic is **What's on the Menu?** The majority of the resources needed can be accessed online or in the home so please do not feel you have to get anything additional. We hope you have fun and find inspiration in the activities below.

The structure will be similar to previous weeks and will include activities where you can work with an adult or work independently. You might find that some of the suggested activities are great, and others not so helpful. We suggest you find the right mix for your child.

Sumdog contains daily maths and SPAG learning so please continue to use the Sumdog account and follow the White Rose scheme of work. If you have any issues with your Sumdog log-ins, please contact the school **office@dalmain.lewisham.sch.uk** and we can easily provide these for you. We have included a wide range of options so please encourage your child to be independent and try to let them choose some of the activities they complete. As a guideline, we suggest no more than 45 minutes of maths and English each day and please take lots of brain breaks. Reading would be an additional activity. These are only suggested times.

As a parent, you know what is best for your child. Wellbeing Wednesday's activities will be emailed to parents and carers through Parentmail. We hope that these activities may give you ideas to stay positive during this challenging time. If you would like to share any of your fantastic work with us, then please do forward them to the school email address which is admin@dalmain.lewisham.sch.uk - (mark your email 'FAO Miss Sousa/ Mr Gwinnett) we would love to see the work you have produced.

Take care and stay safe,

Best wishes,

Miss Sousa and Mr Gwinnett.

In your pack each week we will try to include:

- Open ended project ideas and research topics
- Activities to explore independently or together
- Daily Maths lesson
- Games to play
- Ideas for science experiments
- Art and craft ideas
- Links to other learning resources
- A use for toilet roll tubes...



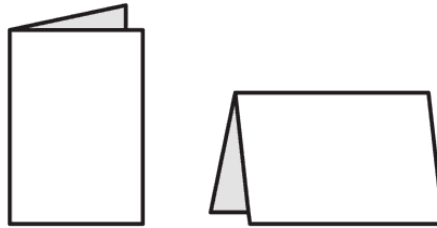
Day	Tasks	Completed?
Monday	<p><u>Maths:</u></p> <p>Week 9 lesson 1- Right angles in shapes <u>Video link:</u> https://vimeo.com/430336748 <u>Worksheet:</u> https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-1-Right-angles-in-shapes.pdf Watch the video clip for Week 9 lesson 1, then please either print and complete the worksheet or write in your exercise book. <u>Answers:</u> https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-1-Answers-Right-angles-in-shapes.pdf</p> <p><u>English:</u></p> <div data-bbox="571 792 1011 1205" data-label="Image"> </div> <p>Eating out was once seen as an exclusive event for special occasions. Nowadays, however, casual dining has become the norm.</p> <p>But with so many restaurants to choose from and so many dishes on offer, how do we even begin to make a choice about where and what to eat?</p> <p>Have you ever looked at how restaurants describe their dishes? They use powerful adjectives and descriptive words to attract people to eat there.</p> <p>Today your task is to write a menu fit for a monster- lumpy eyeball soup, anyone?</p> <p>You'll need to think about the following when designing your menu:</p> <ul style="list-style-type: none"> • how adjectives can help us to describe things • how some adjectives have a stronger effect than others • Use adjectives to boost descriptions • Think about synonyms to avoid repeating words 	

SYNONYMS

A **synonym** is a word that means exactly or nearly the same as another word.

Occur.....	Happen	Ask.....	Enquire
Old.....	Ancient	Blend.....	Mix
Opportunity.....	Chance	Sick.....	Ill
Page.....	Sheet	Sincere.....	Honest
Beautiful.....	Pretty	Slim.....	Thin
Peaceful.....	Quiet	Small.....	Tiny
Quiet.....	Silent	Smart.....	Clever
Reject.....	Deny	Taxi.....	Cab
Rest.....	Relax	Trust.....	Believe
Rich.....	Wealthy	Unfortunate....	Unlucky
Coarse.....	Rough	Value.....	Worth
Round.....	Circular	Want.....	Desire
Sad.....	Unhappy	Wonderful.....	Amazing
Rug.....	Carpet	Write.....	Record
Scared.....	Afraid	Writer.....	Author
Embarrassed....	Shy	Wrong.....	Incorrect

You'll need to get two A4 pieces of paper and fold them together to make your menu.



1. On your first page, you'll need to design the menu cover with your restaurant name.
2. Inside your booklet, you'll have 6 pages. On each page draw a different monster dish.
3. Around each dish, write adjectives to describe the dish.
4. Now you will need to write a description for each dish underneath the picture. Each description should be a few sentences long and should include descriptive words and interesting adjectives to attract monsters to dine in your restaurant.



Let's get creative:

It's time to get cooking, so grab your apron and chef hat and let's start making some monster dishes for our restaurant. Today your task is to make a meal which looks like a monster. The easiest option is to use an already prepared pizza and decorate it to turn it into a monster.

We'd love to see the amazing dishes you come up with, so don't forget to send us some photos. Happy cooking!



Tuesday

Maths:

Week 9 lesson 2- Compare angles

Video link:

<https://vimeo.com/430336836>

Worksheet:

<https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-2-Compare-angles.pdf>

Watch the video clip for Week 9 lesson 2, then please either print and complete the worksheet or write in your exercise book.

Answers:

<https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-2-Answers-Compare-angles.pdf>

English:



It's time to get cooking in today's English lesson. Today we would like you to work with an adult to design and make a dish. Before you can make a dish, you'll need to have a set of instructions to follow. Click on the link below for some inspiration on dishes you can make:

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>



Once you have chosen a meal to prepare, you'll need to write instructions (a recipe) for how to make the meal. When writing instructions, you must remember to include the following:

- Time connectives (first, then, after)
- Verbs (cut, wash, peel)

Kitchen Verbs



- Chronological order
- List of resources and ingredients needed

INSTRUCTIONS TOOLKIT

Audience
Someone who wants to know how to do something.

Purpose
To explain how to do something clearly.

Structure
Often in chronological order or written as a list.

Language features:

- Simple clear and formal
- Include all necessary detail
- Numbers or time connectives

Examples of instructions:

- Dictionary
- 'How to' poster or leaflet
- Encyclopaedia
- School rules
- Recipe

www.computerhall.co.uk

Let's get creative:



Once you have finished writing your recipe, it's time to find an adult to help you prepare your meal. You must follow your instructions step by step. Once you have prepared your meal think about the following questions:

- Did you manage to make the meal?
- Were all the instructions there?
- Did you include all the resources and foods needed in your recipe?
- Did the meal come out as expected?



Wednesd
ay

Remember that it is Wellbeing Wednesday – check the school's website for this week's updates! Look under News & Dates / Coronavirus Updates and you will find loads of resources and activities.



Maths:

Week 9 lesson 3- Horizontal and vertical

Video link:

<https://vimeo.com/430336963>

Worksheet:

<https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-3-Horizontal-and-vertical.pdf>

Watch the video clip for Week 9 lesson 3, then please either print and complete the worksheet or write in your exercise book.

Answers:

<https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-3-Answers-Horizontal-and-vertical.pdf>

English:



Wellbeing starts with a healthy you. As it's wellbeing Wednesday today, we'd like you to research the importance of healthy eating and its effect on the body and on wellbeing. A healthy, balanced diet supports physical development, improves mood and keeps bugs at bay. Foods rich in vitamins and nutrients, like fruit, vegetables and whole grains, give children the fuel they need to develop both physically and mentally. Healthy eating also boosts our immune systems.

Once you have done your research, we'd like you to make a poster to show everyone how important a balanced diet is for your wellbeing. Remember to make your poster colourful and full of important information. We look forward to seeing your posters.



Click on the links below to help you with your research:

What is a balanced diet?

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j>

British nutrition foundation

https://www.nutrition.org.uk/?_cf_chl_jschl_tk__=c109a45bc5a6d3d2dbc8d845b088154139a18380-1592572877-0-AcoTbp7e36NoxQXYw0OksoYo4w7q_4oyY0pBW3yXP0wBNxtUgYa3V9II5FKyFW2Z_XvceZ8ls7jpirb2eUSij0P-SAl64YR99cf7p28tONnBm7DVXtrg-UBHF13VkcFYjTAWertfiaYhMWEHCYWa8VZV5sEnJk-3UiLqzONTDLIRX7J9t2blswvh7hjQRYC3alqQFYx3akV7MdgPgJYRzi4tv877IHUG9LihNccOYU2KxqegjJt1Bi6-qG7VcriyrT_katruKD7_wDWJU5yT95bJNmtcMvcsTffH-4XkOKcfYK1treAZgmKMP9K8-_1itqn97NHd-ke3iBg81nywmoM

Balanced diet

<https://www.youtube.com/watch?v=YimuldeZSNY>

Happy researching!



Let's get creative:



It's time to make your own Play dough meal. Using playdough, can you make a healthy and balanced meal? What will you include?
Can you include food from all the 5 food groups?
We look forward to our delicious playdough meals.



Thursday

Maths:

Week 9 lesson 4- Parallel and perpendicular

Video link:

<https://vimeo.com/430337089>

Worksheet:

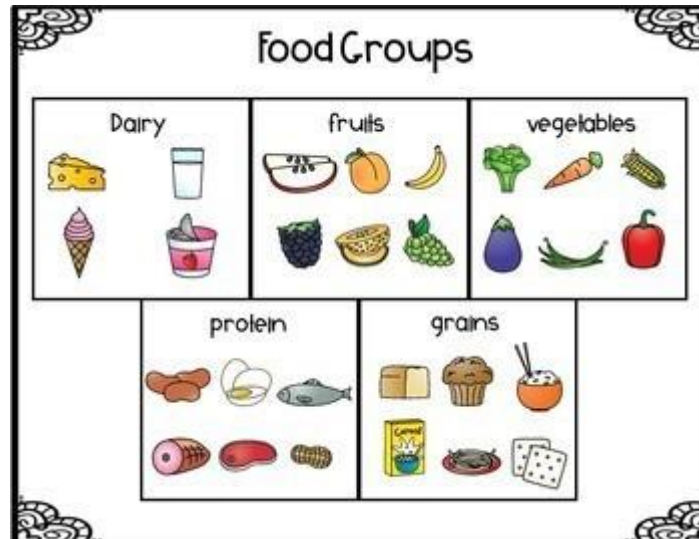
<https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-4-Parallel-and-perpendicular.pdf>

Watch the video clip for Week 9 lesson 4, then please either print and complete the worksheet or write in your exercise book.

Answers:

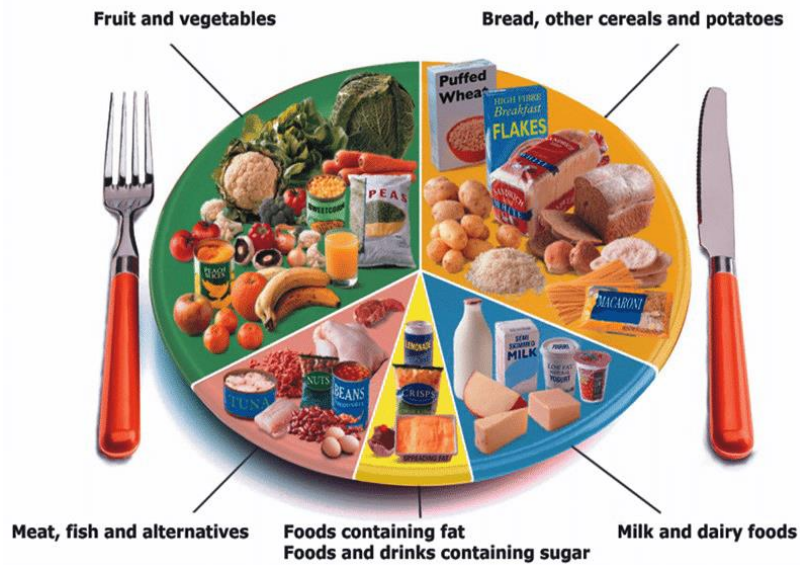
<https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Lesson-4-Answers-Parallel-and-perpendicular.pdf>

English:



Yesterday you looked at the importance of a healthy and balanced diet and you made a poster about it. Above is a picture showing the five food groups. If you eat a variety of foods from each of these groups, your body will receive all the nutrients and vitamins it needs to function. Today your job is to make a leaflet about the different food groups. Remember to include the following?

- A front cover (food groups)
- A heading for each food group
- Pictures and labels of the food in each food group
- A description of the food group
- The benefits of this food group on the body.



Click on the links below to help you with your research:

The 5 fabulous food groups

<https://www.youtube.com/watch?v=L9ymkJK2QCU>

Food groups Year 3

<https://www.youtube.com/watch?v=r7VIVmO8Pil>

The food pyramid

<https://www.youtube.com/watch?v=0KbA8pFW3tg>



Let's get creative:

To prepare breakfast for the members of your family (and yourself!)



Before you open the fridge and the cupboards in the kitchen, you need to answer these questions:

- What am I going to prepare?
- Is it a healthy and exciting option? (Something you possibly do not see on your plate every morning)
- What equipment do I need?
- How can I ensure that safety and hygiene rules are in place? For example: always make sure that an adult supervises you when you use a cooker, an oven or sharp objects.
- How many people am I going to cook for?
- How will I present my breakfast?
- What ingredients do I need?
- Do I have them? (Now it's time to check the fridge and the cupboards)



Here are some ideas you might use to get inspired:



Friday

Maths:

Week 9 lesson 5- Pick a skill from this week that you have found challenging to practise and do some further work on.

Also spend time completing some addition and subtraction calculations. To make your calculations, simply roll and dice to make a number.

English:



It's been a while since we've been able to enjoy eating out. Eating out is an exciting experience. You get to explore and taste food from around the world by simply stepping into a restaurant.

Today we would like you to write a review of your favourite place to eat. This can be school lunches, a restaurant, home cooking or a fast food place. You will need to include the following things in your food review:

- Name of the restaurant
- Location
- Description of the place
- Description of the food on offer (remember to use adjectives)
- Service
- Why people should eat there
- Rating out of 10



Let's get creative:

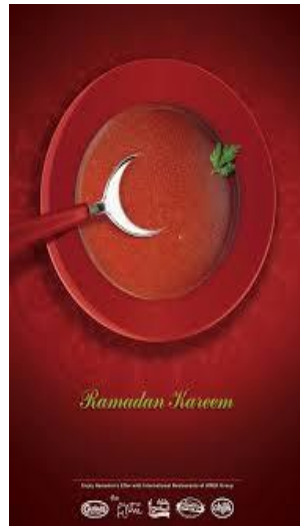
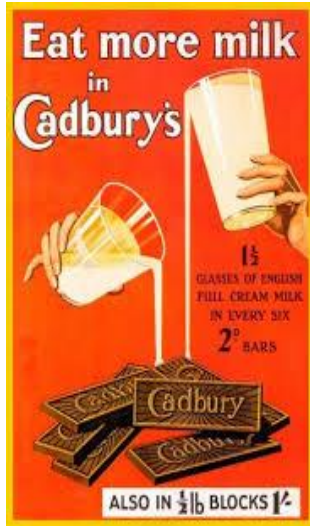
Make a food advert

Have you ever thought about the types of food usually advertised in the newspapers or on TV?

Have a look at different food adverts. Using similar language and catchy phrases, design your own advert about...something healthy!

Why don't you advertise a juicy carrot or a delicious banana? How about a parsnip? Have a go!

Below there are some food adverts to help you.



Additional Activities

Science

See attached Science pack for activities



What's on the Menu?

Pop Art Cake!

Wayne Thiebaud is an American painter known for his colourful works depicting commonplace objects and food, specialising in pies, *ice cream* cones, pastries, and cakes. What is your favourite flavour of ice cream? Have a go at painting or drawing an cup cakes in the style of Wayne Thiebaud! Below is a link to help you get started!

<https://www.youtube.com/watch?v=uetA8WlfV4>

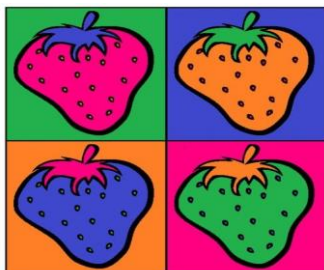


If you want to draw it in pencil, you can follow this link for a tutorial:



<https://www.youtube.com/watch?v=feMky1NozU>

How about choosing your favourite fruit or vegetable and recreating it in bright bold colours using felt tips or colouring pencils in the style of Pop Art artist Andy Warhol?



Fun with Food!

Food is not just to fill our belly; we can create works of art too! Have a look at these pictures below for some inspiration. Create a portrait or landscape by using food as your materials! You could also take a picture and use food to add food too to create detail and texture! Don't forget to ask an adult if you can use the food item first! Once you have created your masterpiece, take a photograph and send it into school! Then you can eat it!



Who needs paint?

When you can paint with ketchup, soy sauce or even peanut butter! Try painting a picture using sauces, jams or berries, thinking about the different colours you can find. If you have food colouring you could use that too!

<https://www.youtube.com/watch?v=JtnWHnmtm0>

<https://www.youtube.com/watch?v=FtRIR2gDVtl>



Eat your Art!

How about turning your favourite snack into your own work of art? Here are some recipe ideas to create food art you can eat afterwards! Don't forget to take a picture before it is all gone!



We now have a Dalmain Twitter Art page [@dalmain_art](https://twitter.com/dalmain_art) for you to share your work with the rest of the school community! We would love to see what you have created to celebrate the gifted artists we have in the school. We will also be sharing ideas and inspirational arts and crafts so don't forget to take a look.

Music

KS2 – 'Food'

'What I am' <https://www.youtube.com/watch?v=cyVzjoj96vs>

An uplifting song to join in with.

The 'lyrics' version <https://www.youtube.com/watch?v=u8Vd2UHBbjA>

Two songs showing the power of music and how it can be used to help highlight important issues.

Band aid song 'Do they know it's Christmas?'

[-https://www.youtube.com/watch?v=Gifrd7ljNL4](https://www.youtube.com/watch?v=Gifrd7ljNL4)

This song was written in 1984 by Bob Geldof and Midge Ure in reaction to television reports of the 1983-1985 famine in Ethiopia. It raised millions of pounds to help with this crisis.

Song dedicated to the world food programme

<https://www.facebook.com/WorldFoodProgramme/videos/10153625150955178>

Composing a rhythmic piece

<https://www.google.com/search?q=Making+up+rhythm+pieces+KS2&rlz=1C1CHBFenGB849GB849&oq=Making+up+rhythm+pieces+KS2&aqs>

Watch this film to see how the children compose their own rhythm pieces.

Can you make up your own compositions in the same way?

In the film the children use colour words. Try using food words instead.

Another composing idea

'What's for dinner?'

- Tap, clap or play the rhythm of the phrase 'What's for dinner?'
- Clap the rhythm of the answer. It could be a short answer e.g. Curry/Curry/ Curry/Curry
- Or you could extend it into a longer rhythmic pattern e.g. 'curry and rice with a nan bread' (Mrs Jackson's favourite food is curry!!)
- Repeat the question 'What's for dinner?' and add some more delicious answers!
- Arrange your rhythmic piece as you wish.
- For example: Question (play once) Answer (play 4 times) All of this loud
- Next time: Question (Play twice) Answer (Play 4 times) All of this soft.
- Here are some rhythms for ideas.



Folk song in the sugar cane farm

<https://www.youtube.com/watch?v=qNz9owQclKw>

Growing and gathering food is extremely hard work. In this clip from a sugar cane farm in Maharashtra in India a woman is singing a traditional work folk song. These folk songs are sung to lift the spirits of the workers and the rhythms of the songs help to motivate them as they will get very tired doing such hard work. The workers can also feel a sense of community as they sing this 'Call and Response' song. It is also encouraging for the children who have to stay with their mothers to hear them singing.

'Eat your greens'

<https://www.outoftheark.co.uk/ootam-at-home/>

We know how important it is to eat fresh fruit and vegetables. Join with in with this song all about this fact.

We enjoy listening to and playing music on instruments, but how is the sound produced?

Watch these clips to find out.

'House of sound'

<https://www.bbc.co.uk/teach/class-clips-video/music--science-ks2-house-of-sound/zncr7nb>

'Classical Music' inspired by food.

'March past of the kitchen utensils' by Vaughan Williams https://www.youtube.com/watch?v=yi96gfl_Dog

The march from 'The Love for three oranges' by Prokofiev

<https://www.youtube.com/watch?v=obTZBHAuOqY>

'Three pieces in the shape of a pear' by Satie

<https://www.youtube.com/watch?v=kc9yRPTum-A>

Listen to these pieces of music. How do they make you feel?

Are there any similarities between the two marches?

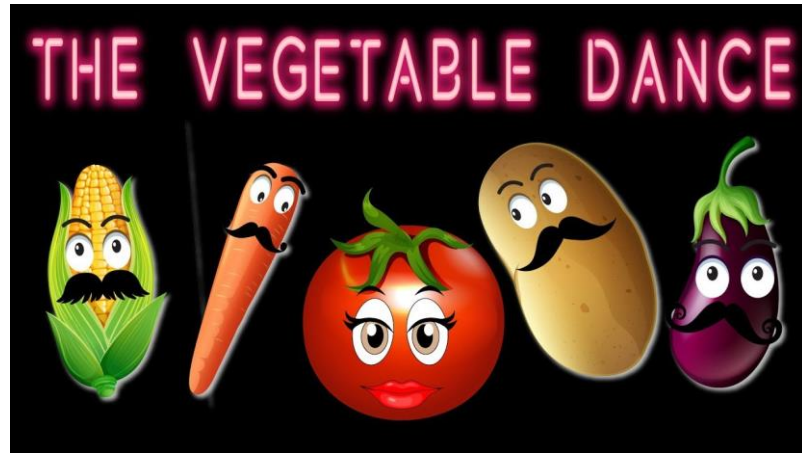
How does the Satie piece differ from the other two pieces?

And finally, some fun food clips:

Popcorn – Muppets <https://www.youtube.com/watch?v=B7UmUX68KtE>

Muppets Singing Food https://www.youtube.com/watch?v=OuB4Jfw5n_8

P.E.

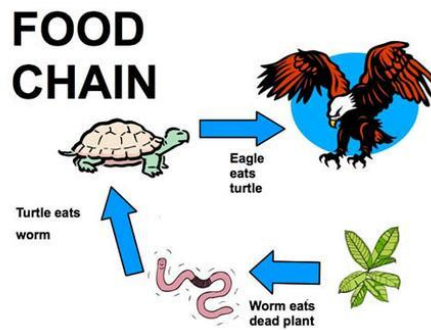


Lower KS2: What's on the Menu? Vegetable Soup! <https://vimeo.com/428129052>

Trinity Laban dance teacher Wendy Steatham leads a movement session that explores 'cooking' verbs beginning with the letter 's' including slicing, shaking and stirring. Learn a short routine and add your own ending!

Extra
Fun

Let's make a food chain



Watch these short videos about Food Chains:

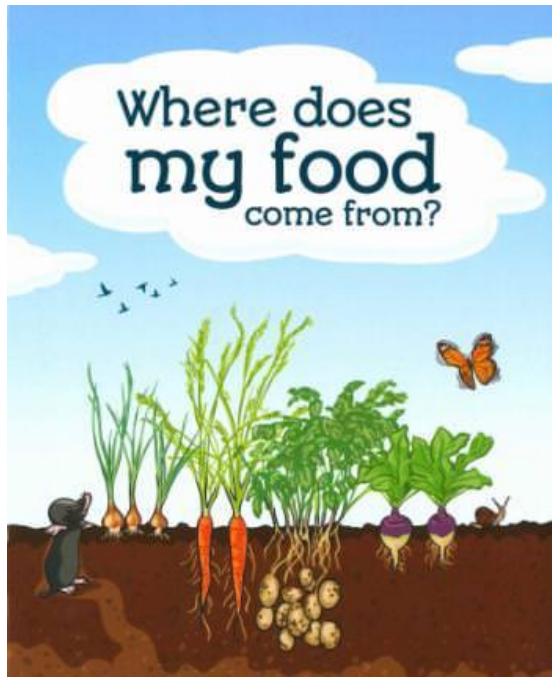
<https://www.bbc.co.uk/bitesize/topics/zbnbn9q/articles/zwbtxsg>

<https://www.bbc.co.uk/bitesize/clips/zjshfg8>

Make different food chains using the pictures of animals below.
How many can you think of?



Where is my meal from?



Draw a meal that you ate recently, such as breakfast or lunch.

Label all the ingredients.

Now it's time to get researching. Pick up to four ingredients in the meal. You'll need to research the origin of each.

Here's some examples:

Milk is from a dairy cow

Mashed potato is from a potato (a plant) that grows under the ground.

