



Year 4



Term 6, Week 5; 29th June – 3rd July

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

Dear Parents and Carers,

We hope you are all keeping well. This document provides a home-learning schedule for next week. We are going to be learning about food, cooking and healthy eating. Most resources needed can be accessed online or in the home. The structure will be similar to last time and will include activities where the children can work with an adult or work independently. For your child's daily Maths learning, they should continue to use their Sumdog account and follow the White Rose scheme of work; we are now providing the answers to the White Rose questions. When going through the answers, please try to use them as another learning opportunity.

Trinity Laban have provided us with the next dance Dance lesson, which you can find in the PE section below. You have been emailed the password to access the video.

Please encourage your child to be independent and let them choose which activities they want to complete. As a guideline, we suggest 45 minutes of Maths and English each day, and 20 minutes for Reading.

Wellbeing Wednesday's activities will be emailed to parents and carers through Parentmail. We hope that these activities may help to address some of the worries at this challenging time. We must remember to look after our mental wellbeing, children and adults alike.

Well done to everyone for their work so far and we hope you enjoy this week's topic, 'What's on the Menu?'

Remember to look at the additional activities section as they cross over with the daily activities. Some of the daily activities have both science, art, DT links. So, check for any extra ideas / activities.

If you would like to share any of your learning outcomes with us, then please do forward them to the school email address which is admin@dalmain.lewisham.sch.uk – we would love to see the work you have produced!

Take care and stay safe,
Miss Higgins and Mr Phillips

In your pack each week we will try to include:

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



Maths:

The video links document contains the videos for all of the lessons. You can then download each worksheet and either respond in your workbook or on the sheet.

Video Links: <https://resources.whiterosemaths.com/wp-content/uploads/2020/06/Year-4-Week-8.pdf>

Day 1:

Questions: <https://resources.whiterosemaths.com/wp-content/uploads/2020/05/Lesson-1-Write-decimals-2020.pdf>

Answers: <https://resources.whiterosemaths.com/wp-content/uploads/2020/05/Lesson-1-Answers-Write-decimals-2020.pdf>

Day 2:

Questions: <https://resources.whiterosemaths.com/wp-content/uploads/2020/05/Lesson-2-Compare-decimals-2020.pdf>

Answers: <https://resources.whiterosemaths.com/wp-content/uploads/2020/05/Lesson-2-Answers-Compare-decimals-2020.pdf>

Day 3:

Questions: <https://resources.whiterosemaths.com/wp-content/uploads/2020/05/Lesson-3-Order-decimals-2020.pdf>

Answers: <https://resources.whiterosemaths.com/wp-content/uploads/2020/05/Lesson-3-Answers-Order-decimals-2020.pdf>

Day 4:

Questions: <https://resources.whiterosemaths.com/wp-content/uploads/2020/05/Lesson-4-Round-decimals-2020.pdf>

Answers: <https://resources.whiterosemaths.com/wp-content/uploads/2020/05/Lesson-4-Answers-Round-decimals-2020.pdf>

Extra games:

<https://www.transum.org/Software/SW/Anagrams/default.asp>

Grammar and spelling:

Grammar has also been updated on Sumdog.

Additional websites:

<https://www.bbc.co.uk/bitesize/topics/zhrrd2p>

<https://www.teachwire.net/news/7-of-the-best-online-grammar-games-for-ks2>

Day	Tasks	Completed ?
Monday	<p><u>1. Reading Comprehension</u></p> <p>Read the text below about the different food groups, then answer the questions in your exercise book.</p> <p style="text-align: center;">The Different Food Groups</p> <p>Food keeps us healthy and helps us grow. Food provides us with energy to be able to function throughout the day. By eating a balanced diet, your body obtains the fuel and nutrients it needs to function properly.</p> <p>Carbohydrates</p> <p>Bread, rice and potatoes are examples of carbohydrate rich foods. These foods give us plenty of energy. You should try and eat enough carbohydrate-rich food each day to give you the energy you need. As well as energy, these foods provide us with fibre, iron, B vitamins and calcium.</p> <p>Fruit and Vegetables</p> <div data-bbox="320 1008 1246 1256" data-label="Image"> </div> <p>Fruit and vegetables provide us with vitamins and minerals essential for keeping us healthy as well as fibre which is important for digestion. Try to eat at least five portions of fruit and vegetables a day. Remember that potatoes do not count as a portion of vegetables.</p> <p>Dairy</p> <p>Dairy products such as milk, cheese and yoghurt are great sources of protein and calcium. Protein helps our bodies to grow or repair themselves. Protein builds, maintains, and replaces the tissues in your body. Your muscles, organs, and immune system are made up mostly of protein. Calcium helps to keep our bones and teeth strong. We should eat between two or three portions of dairy foods a day.</p> <div data-bbox="858 1691 1257 1982" data-label="Image"> </div>	

Meat, Fish, Eggs and Beans

These foods are a good source of protein, vitamins and minerals in your diet. These foods help the body to grow and repair itself and keep hair, skin, muscles and nails strong. We should eat some of these foods each day.

Foods High in Fats and Sugar

These foods provide the body with energy, warmth and insulation around vital organs. Too much fat in your diet can raise cholesterol, which increases the risk of heart disease. A small amount of fat is part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3; the body can't make them itself. Fat helps the body absorb vitamins A, D and E.

To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.



Questions

1. Why is a balanced diet important?
2. What is the function of protein?
3. Can you give examples of foods that we should try and avoid eating too much of? Why should we limit our intake of these foods?
4. Choose the word closest in meaning to the underlined word:

With a balanced diet, your body obtains the fuel and nutrients it needs to function properly.

- a) rest b) work c) eat d) healthy

5. Choose the word closest in meaning to the underlined word:

Fruit and vegetables provide us with vitamins and minerals essential for keeping us healthy.

- a) necessary b) optional c) excellent d) extra

6. Rewrite this passage using capital letters, commas and full stops.

healthy eating is vital for a healthy body many people eat too much unhealthy food like readymade meals sweets and chocolates instead people should eat more fruit and vegetables fruit is an ideal snack because it tastes sweet it is easy to take with you and is very good for your body

2. Sort the food into the correct group

Based on what you have just read, copy these words into the correct column below (either print this page or draw column in your exercise book).
Try to spell each word correctly!

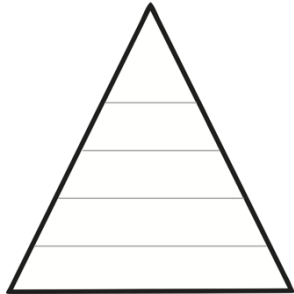
apple, bread, banana, burger, doughnut, carrot, sweetcorn, sausage, peas, ice-cream, pasta, lentils, rice, milk, tomato, strawberry

Carbohydrate-rich	Fruit & Vegetables	Dairy	Non-dairy Protein	High in sugar / fats

apple, bread, banana, burger, doughnut, carrot, sweetcorn, sausage, peas, ice-cream, pasta, lentils, rice, milk, tomato, strawberry

3. Healthy Eating Pyramid

Design and label a food pyramid to help educate people about healthy eating. The idea is that the foods you should eat the most of go at the bottom, where there is the most space, and the foods you should eat the least of go at the top, where there is the least space. Draw examples of these foods in the relevant space!



The full-sized template can be found towards the end of this document. If you prefer, you can make a poster on a separate piece of paper / card. What would a 3D version look like?

Tuesday

1. Write a Recipe

What's your favourite sandwich filler? Here is a simple recipe to make a tuna mayonnaise sandwich or roll. In a recipe, we usually find a list of instructions and then a method. In this one, the method is written as a list of notes. We want you to turn these notes into full sentences and then (if possible) to make and enjoy the sandwich! If you don't like this particular filling, or if you are allergic to any of the ingredients, note down the ingredients for your preferred healthy filling instead.



Tuna Mayo Sandwich (Serves One)

Ingredients:

- 2 x slices of bread / 1 x roll
- 1 x tin tuna
- 2 x tablespoons mayonnaise
- 1 x spring onion / some sweetcorn
- Salad leaves / cucumber slices
- Butter (optional)
- Salt + pepper

Method:

- Take slices of bread / slice roll using bread knife

- Butter bread (if preferred)
- Open and drain tuna
- Wash spring onion + cucumber / salad leaves
- Cut spring onion into small slices using kitchen scissors
- Mix tuna, mayo and sweetcorn / spring onion in a bowl
- Season with S+P to taste
- Spread mixture on bread
- Add leaves / cucumber slices; close sandwich

Can you find all of the imperative (bossy) verbs in the above method?
Highlight or underline them (e.g. wash).

Now write the title, Tuna Mayo Sandwich (or whichever sandwich you have chosen!). We are going to turn the bullet-points into a wonderful paragraph...

Think about using these sequencing adverbs:

<i>Firstly,</i>	<i>Next,</i>	<i>After that,</i>	<i>Then,</i>	<i>Finally,</i>
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Don't forget the bossy verbs!

Firstly, slice the roll lengthways using a bread knife. Take care when using the knife.

2. Make a Delicious and Healthy Sandwich

Hopefully, all this has made you peckish. Can you make the sandwich following your own recipe? Remember to ask an adult for help when using a knife or can-opener. Wash your hands first! Bon Appetit!

Extension Activity: imagine you are a food critic visiting your house and tasting the sandwich. What would you say about it? Write a food review of the sandwich using a range of vocabulary and figurative language. Use exaggeration (go OTT!).



Wednesda
y

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.

1. Research a Recipe

Today you are going to research a recipe for something healthy that you would love to make and eat. If at all possible, we would like you to prepare or cook it with an adult at home tomorrow. Preparing food does not need to involve heat; just think of the sandwich! Why not try making a fruit salad for example?



You could use the websites below to find a recipe that you would like to try with your adult (if you like spicy food, there is a lovely bean-burger recipe below). The actual ‘cooking’ will happen tomorrow. You could also get your recipe from a family member (it can’t be a ‘secret recipe’ though!). Remember to write down your list of ingredients and your method as a list of notes.

When we make notes, we use abbreviations and symbols, and we leave out little words like ‘a’ and ‘the’. Look at this example to see how notes save time...

Mix the mayonnaise and tuna together. > Mix mayo + tuna.

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

<https://www.tasteofhome.com/collection/easy-recipes-for-kids-to-make-by-themselves/>

<https://www.countryliving.com/food-drinks/g4772/dinner-ideas-for-kids/>

	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">Name of Dish:</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">Serves (how many people):</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Ingredients:</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">•</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">•</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">•</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">•</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">•</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">•</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Method:</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">1.</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">2.</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">3.</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">4.</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">5.</div> <p><u>2. Write your Instructions</u></p> <p>Now write up your instructions as a paragraph, as we did with the sandwich yesterday. This needs to be clear, as someone (you!) might need to use it...</p> <p>If you have time to prepare your dish today, go for it!</p>	
Thursday	<p><u>Cooking and Evaluation</u></p> <p><u>1. Make your Tasty Dish</u></p> <p>Hopefully, you will have a chance to prepare your yummy food today. If so, please read through this safety information with your adult first. Only start when you both feel confident and safe.</p>	



Kitchen Safety Rules



- Always wash your hands before and after handling food.
- Tie back long hair.
- Wear an apron and roll up your sleeves.



- Keep food preparation surfaces clean.
- Wash fruit and vegetables under cold water before use.



- Always ask an adult before handling knives or going near hot things.

- Handle knives and other sharp equipment with care.

- When using a knife, always cut away from yourself or downwards on a chopping board to avoid cutting yourself.



- Turn handles of saucepans away from the front of the stove when cooking.

- Use oven mitts when taking hot dishes from the oven or microwave.



- Do not run around the room where food is being prepared.
- Wipe up food spills immediately.



- Store food appropriately in sealed containers. Always keep raw meat away from cooked meat at the bottom of the fridge.
- Wash kitchen and eating utensils after use in hot soapy water.



2. Evaluate your Dish

How did your cooking go? The main thing is that you had fun and honed your skills!

When cooks make something new, they often **evaluate** it to see what worked well and whether there is anything that could be improved for next time. This is how we learn at Dalmain! If you made some food, we would like you to self-evaluate it; if you weren't able to make anything then we would like you to evaluate something a family member has made for you – but remember to do this in a positive and supportive way!

Try your food! We bet you did a great job. What did you enjoy? What could you improve if you made it again? Use this writing frame to help you write your evaluation.

My (name of dish)

I made / cooked / prepared _____.

I enjoyed _____ because _____.

I was pleased with _____ as _____.

The flavour was _____.

Another successful aspect was _____.

Something I would change for next time is _____. This is due to _____.

Something else I could improve is _____.

Star rating: (out of 5?)

Friday

Research a Cook, Dish or Ingredient



Today, we would like you to research a cook, dish or ingredient. Choose from the list below or choose your own example. It would be great to see food from a range of countries and cultures. If you choose a chef, they don't have to be famous – they could even be in your family!

Chef	Dish	Ingredient
My Nan	Spaghetti bolognaise	Mango
Ainsley Harriott	Jerk chicken	Banana
Nadiya Hussain	Pizza	Saffron
Lorraine Pascale	Minestone soup	Flour
The Hairy Bikers	Chile	Potatoes

Possible key-word searches:

banana facts kids (is a banana a fruit?)

pizza history kids

<https://www.kids-world-travel-guide.com/food-facts-for-kids.html>

Think about these questions:

- Where does he / she / it come from?
- When was the dish invented / When was the chef born?
- How is the dish made?
- Has it evolved (changed) over time?
- How popular is it?

As always, you can present your research as a poster, a piece of writing or an artwork. Try something you haven't tried before!



Additional Activities

Science	See attached Science pack for activities	
Art / DT	<u>Art/DT Planning: Year 4</u>	

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=uetA8WlfFV4>

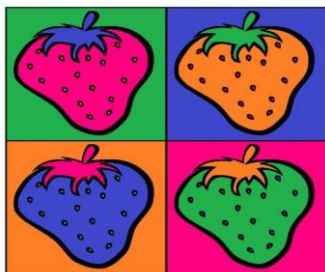


If you want to draw it in pencil, you can follow this link for a tutorial:



<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=JttnWHnmtm0>

<https://www.youtube.com/watch?v=FtRIR2gDVtI>



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!

<https://www.youtube.com/watch?v=IY7ihHHubIM>



We now have a Dalmain Twitter Art page [@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.

Make your own Homemade Pasta:

Have a go at making your own pasta, all you need is flour and eggs! What could you make to compliment it? Follow the link below for instructions on how to make fresh pasta:

<https://www.biggerbolderbaking.com/homemade-pasta-2-ingredient/>

Simple sauces!

<https://www.bbcgoodfood.com/recipes/collection/family-pasta>

Alternatively, You could try one of the following recipes, including pizza, cauliflower nuggets or frozen yogurt!

<https://www.youtube.com/playlist?list=PL8zgLt-LDI-jvLv4h0ZCo6yO6IMf6tNnH>

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>

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=1C1CHBF_enGB849GB849&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=gNz9owQclKw>

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

	<p>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.</p> <p>'Eat your greens' https://www.outoftheark.co.uk/ootam-at-home/</p> <p>We know how important it is to eat fresh fruit and vegetables. Join with in with this song all about this fact.</p> <p>We enjoy listening to and playing music on instruments, but how is the sound produced? Watch these clips to find out.</p> <p>'House of sound' https://www.bbc.co.uk/teach/class-clips-video/music--science-ks2-house-of-sound/zncr7nb</p> <p>'Classical Music' inspired by food.</p> <p>'March past of the kitchen utensils' by Vaughan Williams https://www.youtube.com/watch?v=yi96gfl_Dog</p> <p>The march from 'The Love for three oranges' by Prokofiev https://www.youtube.com/watch?v=obTZBHAuOqY</p> <p>'Three pieces in the shape of a pear' by Satie https://www.youtube.com/watch?v=kc9yRPTum-A</p> <p>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?</p> <p><u>And finally, some fun food clips:</u></p> <p>Popcorn – Muppets https://www.youtube.com/watch?v=B7UmUX68KtE Muppets Singing Food https://www.youtube.com/watch?v=OuB4Jfw5n_8</p>
P.E.	<p>Laban Dance</p> <p>There was some confusion leading to the food-related dance activity going out last week. If you didn't manage to do it then give it a go. If you did it, why not try this activity, which you haven't received yet:</p> <p>https://vimeo.com/423600763</p> <p>The password was emailed to you.</p>

Healthy Eating 3 Times Tables and Division Facts Mosaic

Solve the calculations to reveal the hidden picture. Each answer has a special colour.

Red: 1 to 6

Blue: 7 to 12

Brown: 13 to 21

Green: 22 to 32

White: 33 to 36

$36 \div 3$	4×3	$24 \div 3$	3×3	5×3	$27 \div 3$	$21 \div 3$	8×3	4×3
$30 \div 3$	$27 \div 3$	4×3	$24 \div 3$	7×3	4×3	10×3	9×3	8×3
$27 \div 3$	3×3	$15 \div 3$	1×3	6×3	3×8	9×3	8×3	4×3
4×3	$12 \div 3$	12×3	$18 \div 3$	7×3	8×3	3×9	2×3	$36 \div 3$
1×3	11×3	$18 \div 3$	$15 \div 3$	$3 \div 3$	$9 \div 3$	1×3	$12 \div 3$	$9 \div 3$
$15 \div 3$	12×3	$15 \div 3$	2×3	$12 \div 3$	$3 \div 3$	$15 \div 3$	$18 \div 3$	$3 \div 3$
1×3	$18 \div 3$	$9 \div 3$	1×3	$15 \div 3$	$18 \div 3$	$3 \div 3$	$6 \div 3$	1×3
4×3	$6 \div 3$	1×3	$18 \div 3$	1×3	2×3	$15 \div 3$	1×3	3×3
$36 \div 3$	3×3	$9 \div 3$	2×3	$18 \div 3$	$12 \div 3$	$3 \div 3$	$36 \div 3$	$30 \div 3$
$27 \div 3$	$30 \div 3$	4×3	$6 \div 3$	$15 \div 3$	2×3	$24 \div 3$	$21 \div 3$	$33 \div 3$

Mexican Bean Burger Recipe

Bean Burgers are a typical Mexican dish. They are healthy and don't have as much fat in them as burgers made from meat. They are packed with goodness and really yummy!



Ingredients

Bean Burger:

2 400g cans of kidney beans
(rinsed and drained)

100g of breadcrumbs

2 tsp of **mild** chilli powder

Coriander (chopped leaves)

1 egg

200g of fresh salsa

150ml of low-fat
natural yoghurt

Juice of half a lime

Optional: salt and pepper

Served with:

Six wholemeal burger buns

Your choice of salad, such as lettuce
and tomato

Equipment

2 large bowls

A potato masher

A fork

A baking tray

A grill (to be used with help from an adult)



Hot! Hot! Hot!

Did You Know...?

Mexican food is often fiery with lots of spicy chillies!



Nothing New!

Did You Know...?

Mexican food dates back 9,000 years to the Maya people!

