



Learning Overview and Home Learning Menu

Autumn Term 2024

Topic: Healthy Me! Where does my food come from?

Learning Overview

<p><u>Language, Literacy and Communication</u></p> <p>Literacy</p> <ul style="list-style-type: none">• Diary• Acrostic Poetry• Narrative stories by significant authors <p>Welsh:</p> <ul style="list-style-type: none">• Baseline• Yn y ardd• Y tren bach• Plannau Bylbiau• Noson Tan Gwylt	<p><u>Mathematical Development</u></p> <ul style="list-style-type: none">• Place Value• Addition and subtraction• Multiplication and division• Length, perimeter and area	<p><u>Science</u></p> <p>Our focus is: the world around us is full of living things which depend on each other for survival.</p> <p><u>Personal and Social Development</u></p> <p>Jigsaw programmes: Being me in my world and Celebrating difference.</p>
<p style="text-align: center;"><u>Our Topic</u></p> <p>This term we will be learning about and exploring how to stay healthy, where our food comes from, ways to look after ourselves and our body. We will look at the nutritional information on food packaging to find out what it means, calculating hours of sleep in a week that we have and exploring if people are paid fairly for their efforts in growing our food. The children have discussed what they would like to do for our showcase and lessons will lead up to this.</p>		



Vocabulary

At Derwendeg, we are focusing on developing the children's vocabulary. Developing children's speaking and listening skills are absolutely vital for their future chances with employers ranking verbal communication as the most important skill for employees. Please discuss the following vocabulary and meanings with your child at home.

Feel free to add your own words.

Higher level vocabulary (the children should be aiming to use as much of this as possible)	<ul style="list-style-type: none">• Calorie• Carbohydrate• Vigorous• Climate• Nutritional
Mid-level vocabulary	<ul style="list-style-type: none">• Exersice• Well being• Healthy• Vitamin• Light exersice
Low-level vocabulary	<ul style="list-style-type: none">• Fitness• Sports• Balanced• important• Protect

Home Learning Menu

Healthy Me! Where does my food come from?

Activities can be completed in any order. Unless specified, all homework activities to be completed by December 13th 2024.

Complete these activities frequently:

- Reading
- Mathematics
- Counting
- Telling the time.
- Spellings

The activities below are to be completed over the course of the half term:

<p><u>Portion sizes</u> Pour your usual amount of breakfast cereal into a bowl, estimate how much you have put in and then weigh it. Compare the weight to the recommended portion size on the pack. Pour the recommended portion size into another bowl and compare the two. Repeat with other foods.</p>	<p><u>Where in the world?</u> Research where three of your favourite foods are from. Can you find the countries on a map? Why does it come from there and somewhere else?</p>	<p><u>Exercise Diary</u> We all know that exercise keeps us healthy but how much do you actually do? Keep a record of your physical activity for a week e.g, what exercise you do and how long for. Are you surprised by how much you actually do?</p>	<p><u>Create a song about keeping healthy.</u> A couple of examples might be: "If you're healthy and you know it...." and add in an action that keeps you healthy, or "This is the way weon a cold and frosty morning". Or you could create your own rap or change words to your favourite pop song.</p>
<p><u>First Aid</u> Learn your address so you can phone for help if needed. What should a first aid kit contain? Draw a first aid kit labelling the items that should be in it.</p>	<p><u>Make a healthy fruit kebab for your family</u> Design and make a fruit kebab for tea one day. Send me a photo.</p>	<p><u>Healthy body and healthy mind</u> Teach your family a mindfulness activity. Set aside five minutes everyday together for a week to practise mindfulness. Create a bank of activities you can do. Send me a photo!</p>	<p><u>Purple Mash</u> Use Purple Mash to create a poster to persuade people to be more active. Set as a 'To do.'</p>

