











Year 3
Autumn 2

HOME LEARNING

We hope that your children will enjoy our new Year 3 topic and learn a lot of information for life about food and health. Here are a few ideas for the whole family to join in to enhance their learning.

WHAT WILL YOU CHOOSE TO DO?

-  Write a shopping list for a family meal, or the weekly menu, and calculate how much it will cost. Don't forget to look at Fairtrade options.
-  Keep a food diary to record the different types of food you eat over the weekend. Report back: in your opinion, has your family got a balanced diet?
-  Make an information booklet about a festival that involves eating a special type of food. There are lots to choose from!
-  Make a dish from a recipe book and take photographs to share back at school. Remember to wash your hands before getting going!
-  Write an imaginative story which starts... 'You're not going to eat me are you?' said the...
-  Make a fabric dye from a strongly coloured fruit or vegetable. Try beetroot, carrot, tea, spinach or strawberry. Try dip-dyeing an old white T-shirt or handkerchief into your coloured dye. What happens?
-  Design and make an exciting sandwich! Take a photograph of it or draw it. Label the ingredients in the sandwich and write a review about it. Did anybody else try it? What was their opinion?
-  Plan yourself a weekly exercise regime and encourage a parent or carer to do it with you!



Due in by Friday 13th
December.