

# Pendragon Class



## Topic - Learning Pack

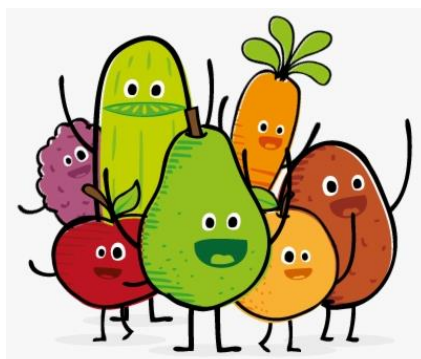
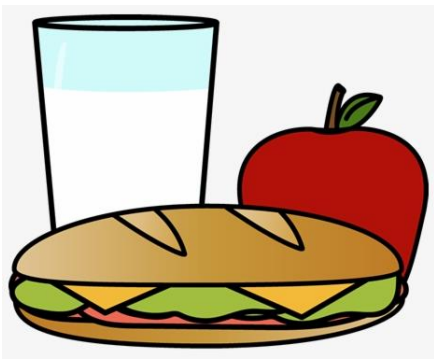
# Welcome to your Topic Home Learning Pack 3!

In this pack we have given you activities for Art, DT, Geography, History, PE, PSHE and Science. We have provided a timetable to help guide you on when to do each activity, but please feel free to do these in your own time and do as much or as little as you can! As indicated on the timetable, some of these activities will be accompanied by a recorded lesson which will be made available to you on Tapestry on the specified date for the activity. On Fridays we will also have a 'Quiz of the Week' for you to join in with!

If you have any questions about any of the activities, please feel free to contact Mrs McLeod, Miss Bridge or Mrs Berkley on Tapestry and we will get back to you as soon as we can! We hope you enjoy the tasks we have set for you!

**Our topic this time is:**

## Food



### Stories about Food:

Handa's Surprise: <https://www.youtube.com/watch?v=ocnRQi89nK8&safe=active>

From The Garden: <https://www.youtube.com/watch?v=lls6FvlfBT4&safe=active>

The Enormous Turnip: <https://www.youtube.com/watch?v=mGw5yTOPTSQ&safe=active>

Oliver's Vegetables: <https://www.youtube.com/watch?v=l94vTfr4LQs&safe=active>

The Picky Eater: <https://www.youtube.com/watch?v=x2VzITnC88M&safe=active>

### Songs about Food:

Our Favourite Foods Song: [https://www.youtube.com/watch?v=i\\_JQwhPKzdl&safe=active](https://www.youtube.com/watch?v=i_JQwhPKzdl&safe=active)

A Healthy Meal: <https://www.youtube.com/watch?v=YZ11C-U7S8l&safe=active>

Food Groups Song: <https://www.youtube.com/watch?v=GaLvxVnn8Yg&safe=active>

The Healthy Food Song: <https://www.youtube.com/watch?v=qLtTUd6FPOs&safe=active>

**Monday 01<sup>st</sup> February 2021**

**Geography:**

Today for geography we will be looking at food from around the world. Here is a link to a song which gives some examples of foods and which country they come from:

<https://www.youtube.com/watch?v=XINl8YvzxMc>

Once you have watched the video, have a look at the pictures below and see if you can match the food to the country it first came from. You can colour in the food and flags if you would like to!



crêpe



hot dog



sushi



taco



spring rolls



fish and chips



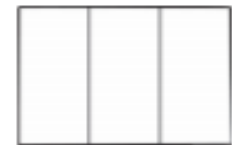
pasta



Mexico



Japan



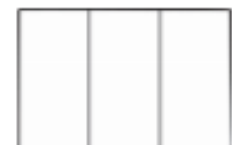
Italy



U.S.A.



United Kingdom



France



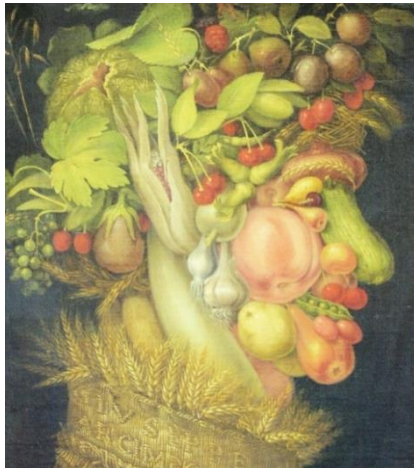
China



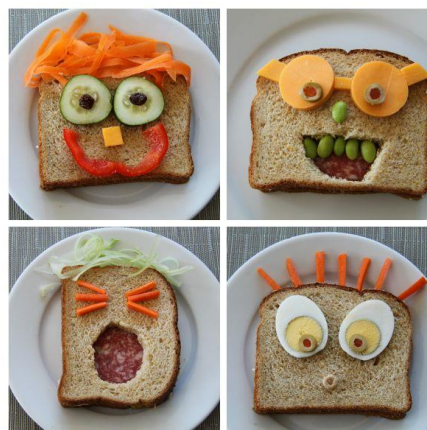
**Tuesday 02<sup>nd</sup> February 2021**

**Art:**

For your art activity today, we will be looking at the artist Giuseppe Arcimboldo. He was an Italian artist, born in 1527, who painted portraits of people made from different types of fruit and vegetables! Here are some examples of his work:



Today, I would like you to have a go at creating your own self portrait out of fruits and vegetables! There are a few different ways you could do this depending on what you have available; you could draw and colour in your portrait, some examples of which are below, or perhaps you could make your portrait out of real fruits and vegetables! You could even eat it afterwards as a healthy snack, but don't forget to wash your hands before starting your artwork, and take pictures and upload to Tapestry before you eat it!



**Wednesday 03<sup>rd</sup> February 2021**

**PE:**

Please follow the link on Tapestry for today's PE lesson with Miss Watts!



**PSHE:**

Here are some starter questions for you to discuss before completing today's PSHE activities:

- What different things help to keep us all healthy?
- Which physical activities and games do you enjoy playing together?
- What are your favourite different healthy foods?
- What can help us when we're ill? (Try to think of things other than medicines first of all, such as rest, sleep, drinking plenty of water etc.)

Our body needs different types of food to keep healthy. Different foods do different jobs.

For example:

- Fruit and vegetables - make us healthy all over.
- Carbohydrates - found in cereals, pasta, rice etc. - help give us energy.
- Milk and dairy - help our teeth and bones to grow strong.
- Fish, meat, beans and nuts have protein - this helps to build our muscles.
- Oils and spreads (e.g. butter, or margarine) - help our body to use the vitamins from other foods.



Which foods are your favourite? Make a list of all your favourite fruits and vegetables!



Once you have created your list, have a go at this matching activity:

# Find the healthy foods

Draw a line from the smiley clues.

Find a fruit that is orange, round, juicy and full of goodness.

Find something with bread on the outside and cheese salad in the middle.

Find a white drink that helps your bones and teeth to stay strong.

Find a yellow fruit you have to peel before you can eat the soft, tasty inside.

Find some beans that will help you grow strong muscles.

Find something that is good for rabbits to eat AND good for you too!

Find a drink that comes out of a tap and is very, very healthy.

Find a bowl of tiny white grains that will give you energy.

**P** Ask some people in your family which of these they like to eat or drink. If someone chooses the sweets or fizzy drink talk about what sugar can do to their teeth.

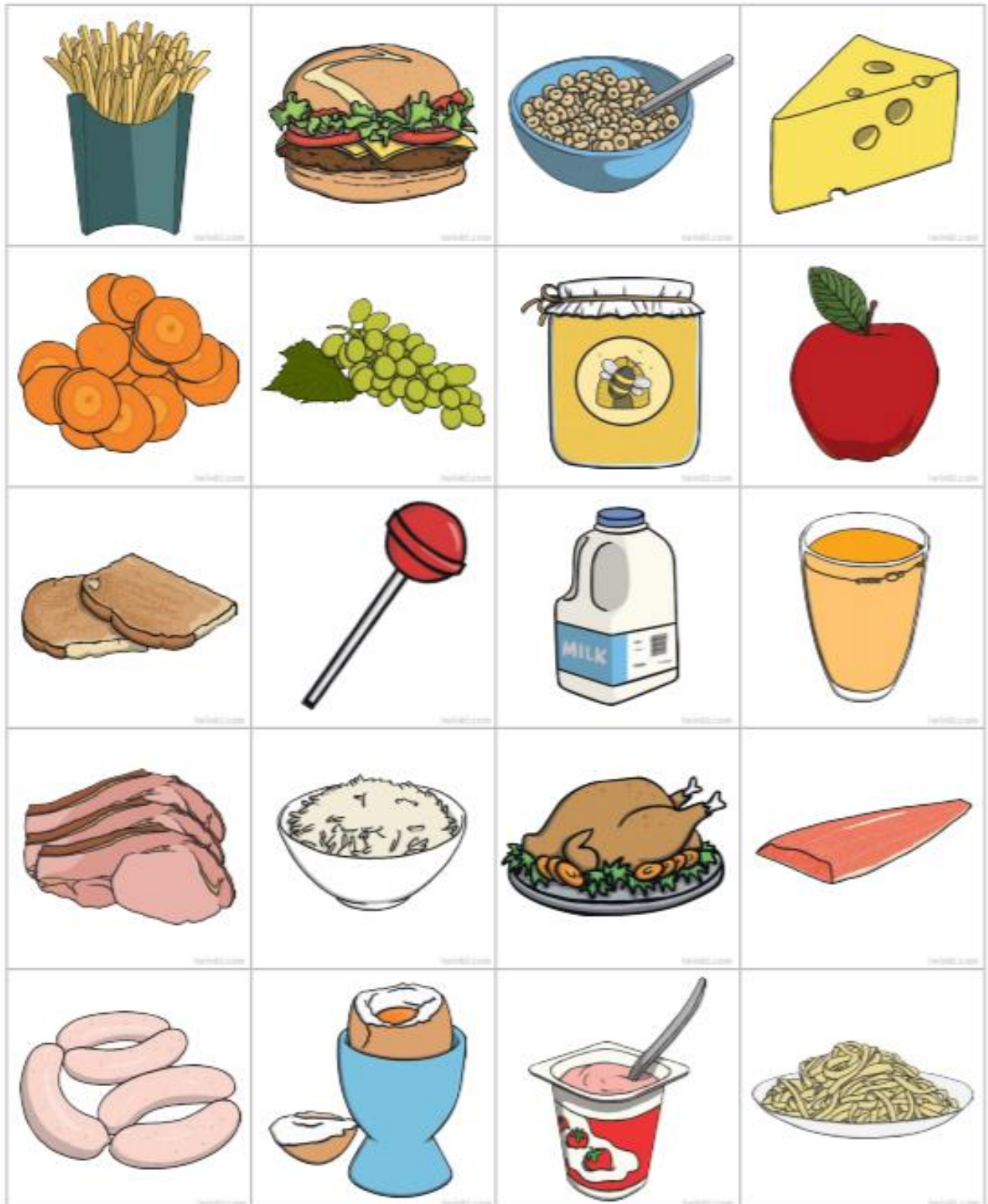
**What is left?..... Why?**

© Copyright Coram Life Education - Family Learning resources

**Thursday 04<sup>th</sup> February 2021**

**Science:**

For our science activity today, we are going to be looking at where our favourite foods come from and how they are made! All food comes from either a plant or an animal. Below are a series of food pictures for you to cut out and sort into two groups; foods that come from animals and foods that come from plants!





**Monday 08<sup>th</sup> February 2021**

**History:**

Our focus for history is to think about how farming today has changed compared to farming in the past. Please have a look at this video to get you started, which shows a variety of modern machinery which is used on a farm to harvest food and crops:

[https://www.youtube.com/watch?v=g\\_UCx8wfzXA](https://www.youtube.com/watch?v=g_UCx8wfzXA).

Below are some pictures of farm machinery. On the left are pictures of machinery from the past, and on the right are pictures of modern machinery used today. Can you draw lines to match the machinery from the past, to the modern machinery that does the same job today?

**Past Machinery and Equipment**



Horse Pulled Plough



Hand Milking



Hay Fork

**Modern Machinery and Equipment**



Automatic Milking System



Hay Baler



Tractor Pulled Plough



**Tuesday 09<sup>th</sup> February 2021**

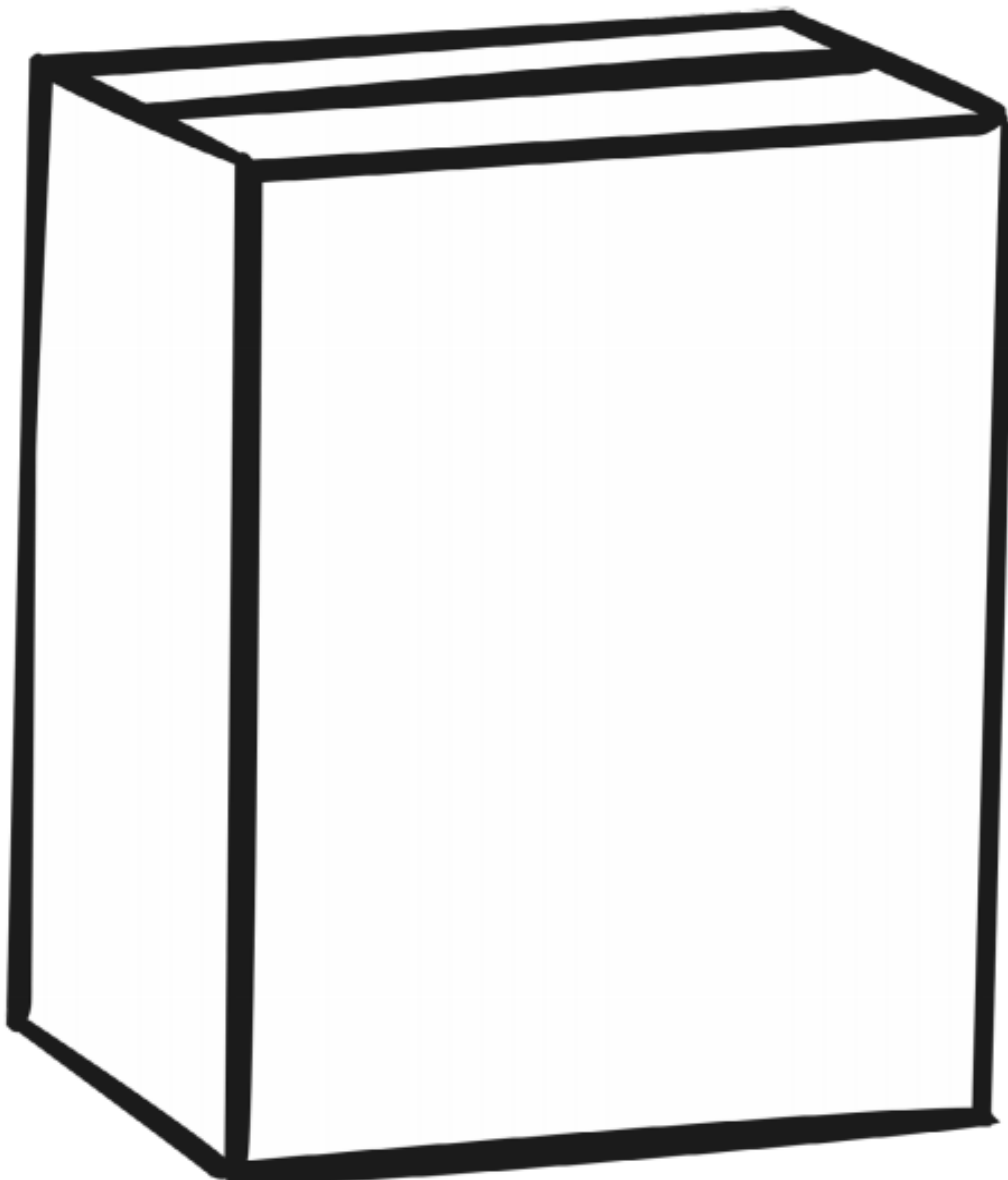
**D&T:**

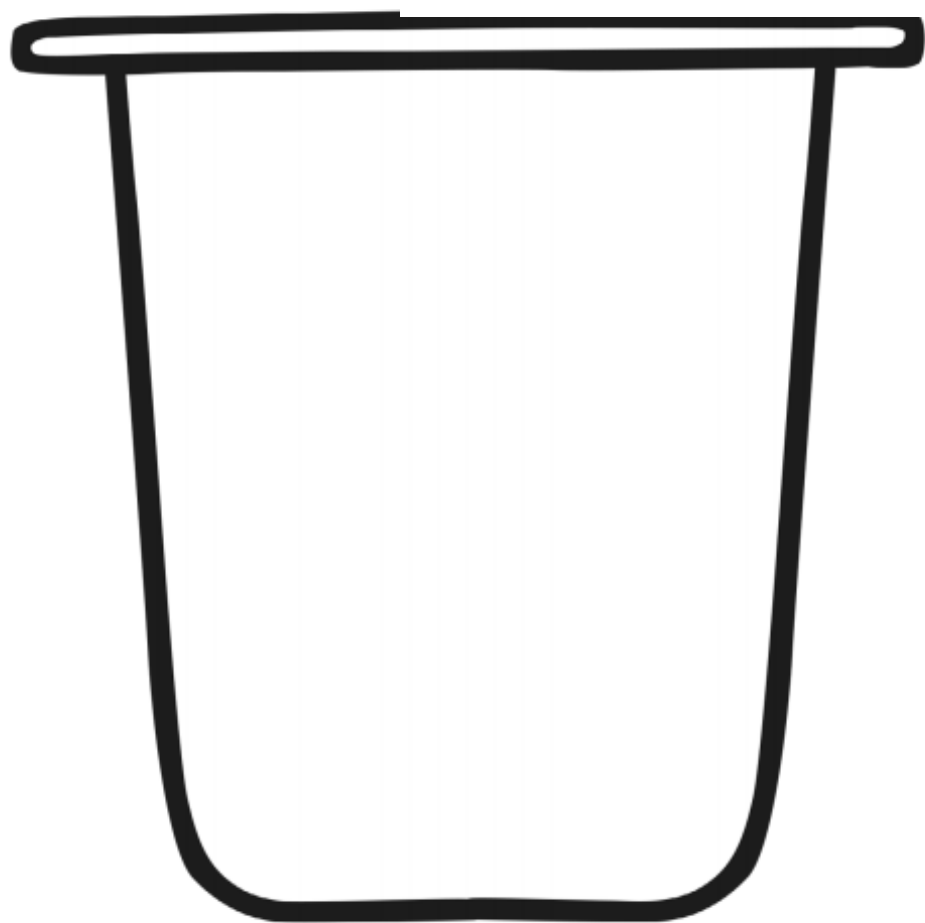
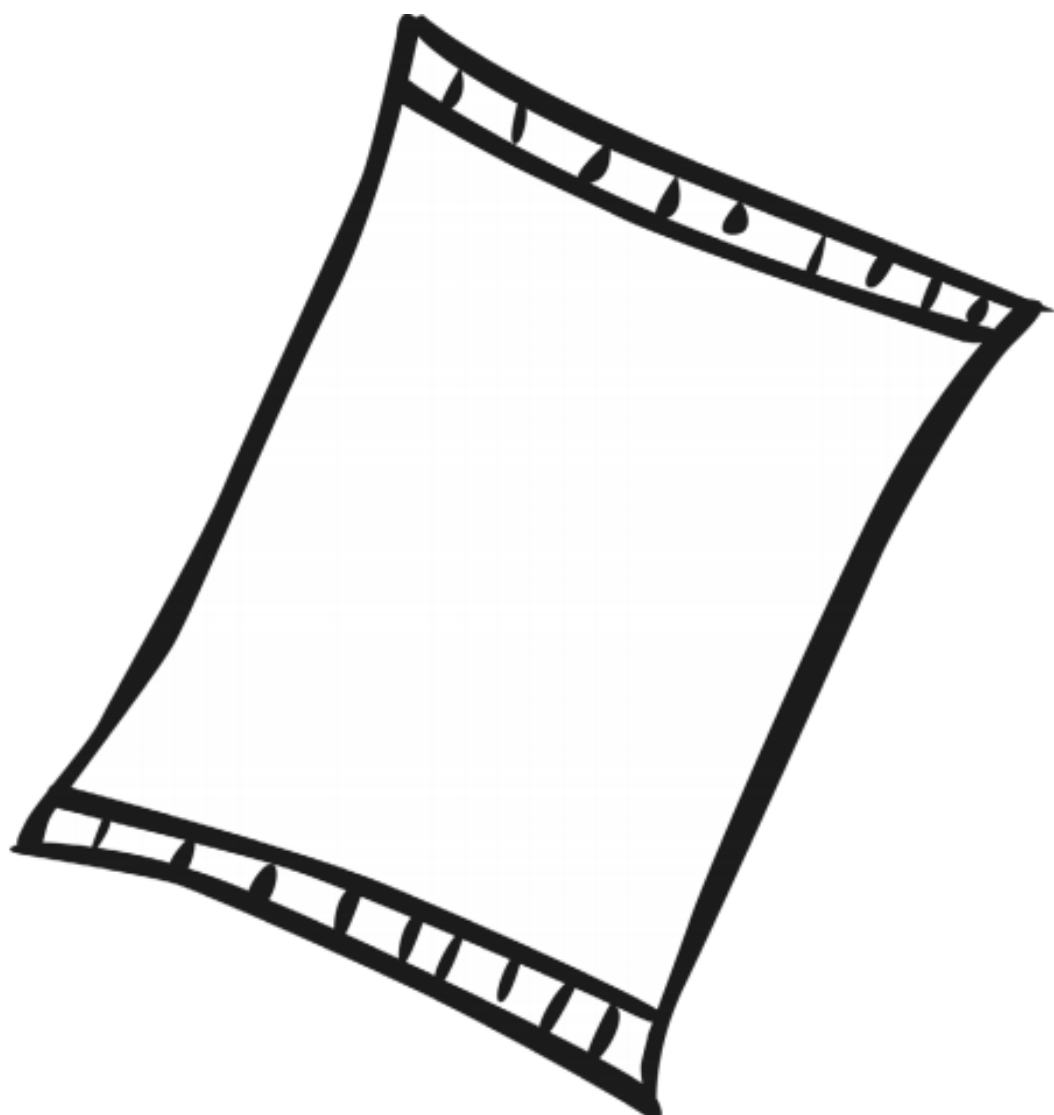
For D&T today, I would like you to have a go at designing your own packaging for your favourite healthy snack. I have given you some templates below to choose from, or you can come up with your own design if you would like to! You do not need to do all of them, but if you have more than one favourite snack then you may like to!

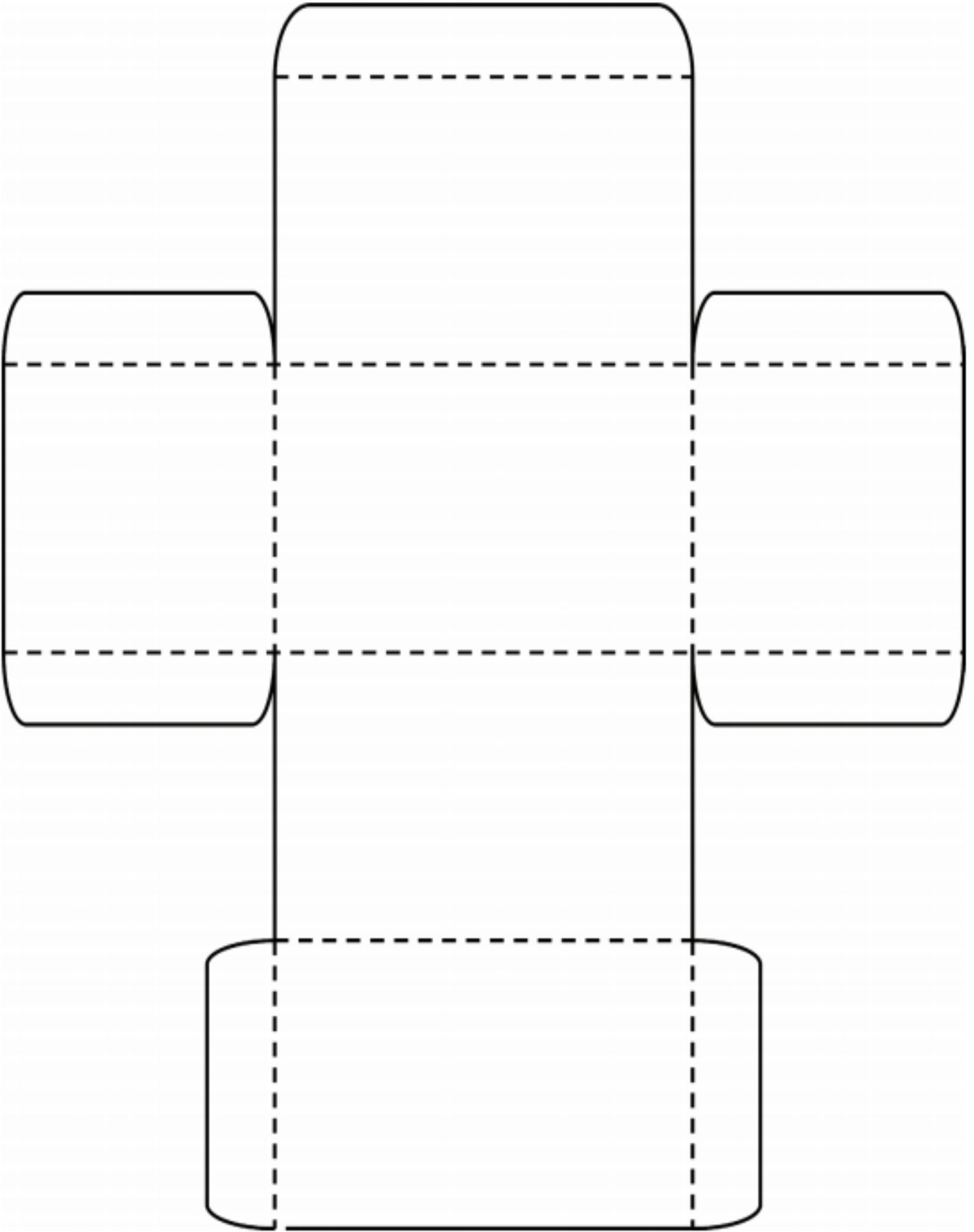
For an extra challenge, I have also included a 'net template' which you could draw your packaging design on, then cut out and assemble to make into 3D packaging! You will need to design your packaging first, cut out the net shape, then fold and glue along the dotted lines to assemble it.

Some details you may want to include on your packaging are:

- The name of the product.
- A picture of the product.
- A short description of what it is.









**Wednesday 10<sup>th</sup> February 2021**

**PE:**

Please follow the link on Tapestry for today's PE lesson with Miss Watts!



**PSHE:**

Here are some starter questions for you to discuss before completing today's PSHE activities:

- Why is sleep so important?
- What can we all do to help us sleep well and for long enough?
- How can medicines be helpful?
- When might medicines be harmful?

Today we are focusing on why sleep is so important. Below are some ideas about the things sleep helps our body to do:

- Grow
- Feel awake and able to concentrate.
- Recover after a busy day.
- Repair - our body repairs things when we're asleep.
- Remember - sleep boosts our memory.
- Sort out problems or worries - our brain keeps working when we're asleep and can help us to work out the answer to problems that might be bothering us!
- To help us get enough sleep it helps everyone (and that includes adults!) if they have a good bedtime routine.



What is your bedtime routine? What things do you do before you go to bed? (e.g. stop looking at screens - TV, tablet, phone etc.) put nightwear on, brush teeth, wash hands and face or have a bath, bedtime story, cuddle teddy bear or blanket etc.

Look at the Make a Bedtime Star activity on the next pages. Have a go at making a bedtime star which you can look at as part of your bedtime routine!

# MAKE A BEDTIME STAR

On the opposite page you will see 2 triangles.

1. Make your body the shape of a star. Can you jump or dance, star-shaped? Draw yourself as a jumping star in the middle of the top triangle. Draw pictures in the star points.
2. Cut out the triangles and stick them onto card. (You can use card from an empty cereal packet).
3. Glue the cut-out card triangles together to make a star. Decorate the back of the star as well if you want to.
4. Make a hole in the top point of the star and put a loop of ribbon or string through so that you can hang the star in your bedroom to remind you how special you are. Look at the star at bedtime every night. Make more stars for your bedroom or for other people in your family.

You will need:

A gluestick (or PVA glue thinned with a little water), card, safety scissors.



© Copyright Coram Life  
Education – Family Learning  
resources

Draw yourself as a jumping star here

Put string or ribbon through a hole here and hang your star up

Draw the thing that makes you happy

Write the title of your favourite book here

I AM A STAR!

Draw your favourite toy here

Draw someone you like to hug at bedtime

Put your bedtime on the clock





**Thursday 11<sup>th</sup> February 2021**

## **Science:**

Today we are going to look at six different food groups which we can eat to have a healthy, balanced diet.



The six food groups we will be looking at are:



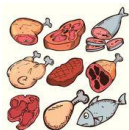
1. Dairy – this food group is a good source of calcium which helps to keep our bones strong. Dairy foods include milk, butter, yoghurt, cheese and many more!



2. Fruits – this food group provides lots of fibre and vitamins which help keep you healthy and fight off germs and viruses. Fruits include apples, berries, pears, bananas, grapes and many more!



3. Vegetables - this food group also provides lots of fibre and vitamins which help keep you healthy and fight off germs and viruses. Vegetables include carrots, broccoli, peas, cauliflower, brussels sprouts and many more!



4. Proteins – this food group helps keep your muscles strong. We can get protein from foods such as chicken, beef, pork, bacon, fish, beans, lentils and many more!



5. Carbohydrates – this food group gives us energy. Carbohydrates include foods like potatoes and grains such as pasta, rice, bread, cereal and many more!

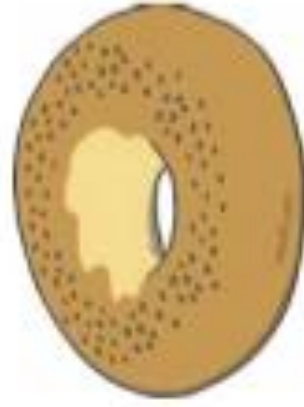


6. Sugars and fats – this group of food is not as good for us, so we need to be careful how much we eat. Sugars and fats do however give us energy, so we can still eat them, just in smaller amounts! Sugars and fats include chocolate, cakes, donuts, oils, butters and many more!

Your activity for today is to cut out the pictures of foods below and sort them into the correct food groups. Can you think of any other foods which you could sort into the groups?

As a challenge, you could also create a meal using the foods you have sorted into the groups. I have provided you with a plate which you may like to use. See if you can use the clues to label the correct food group on each section of the plate!

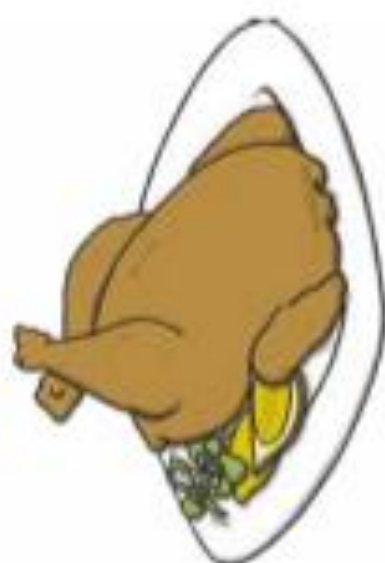
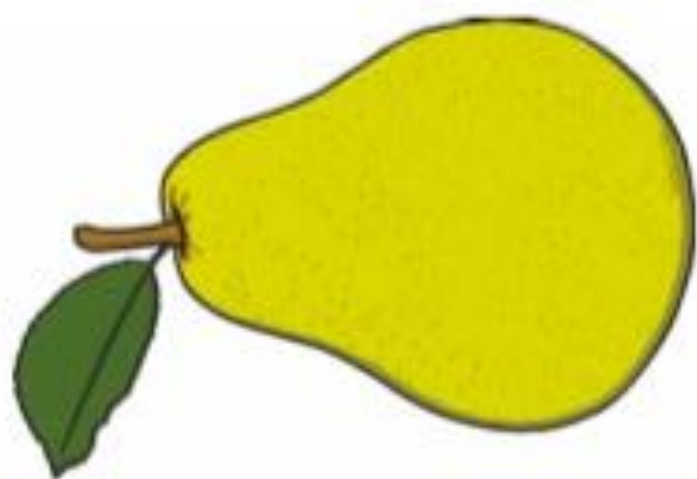
Can you cut out the different foods and put them in the right group?  
What other foods can you add into the groups?

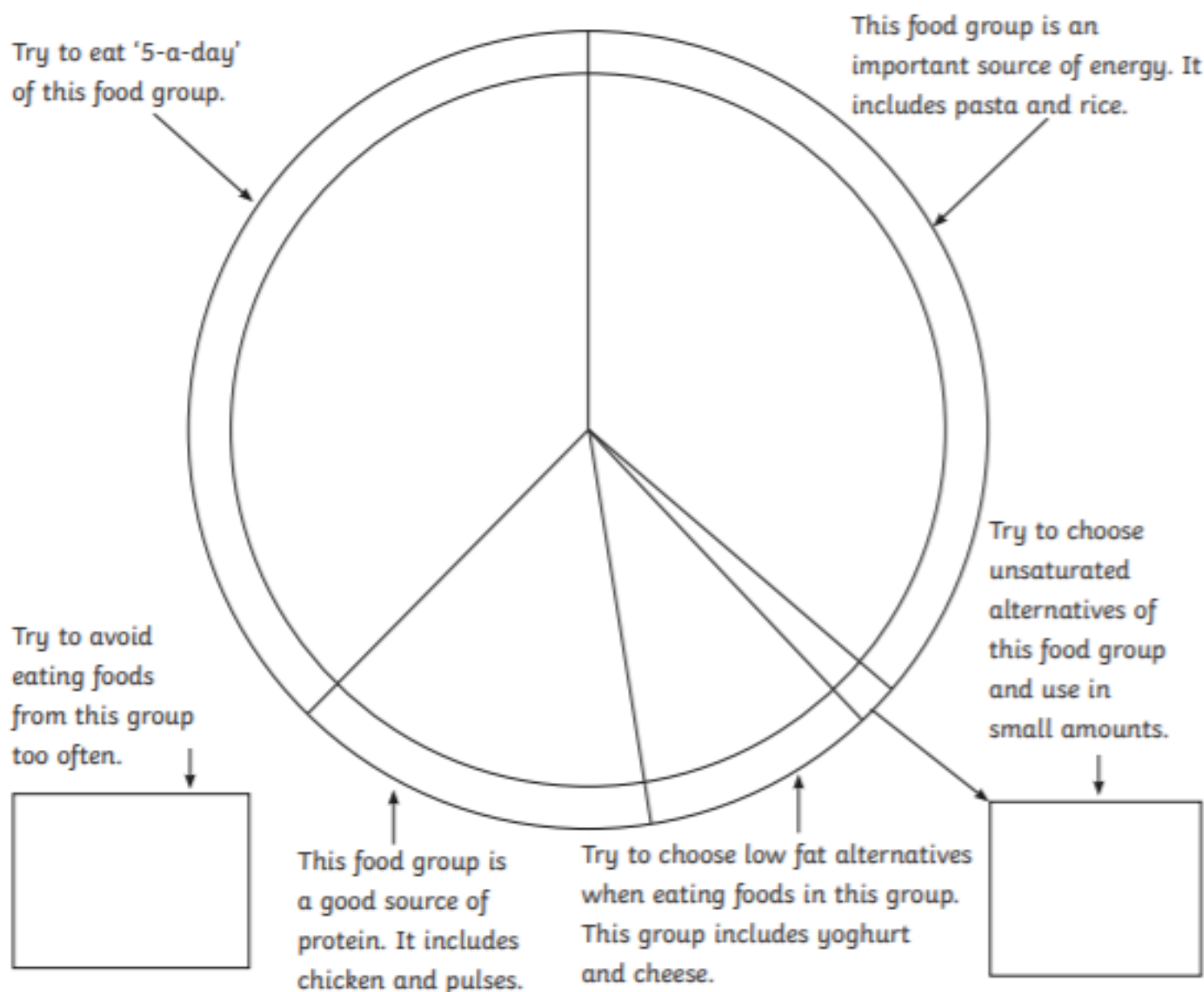












**Label each section of the plate with one of the following:**

1. bread, rice, potatoes, pasta and other starchy foods
2. fruit and vegetables
3. meat, fish, eggs, beans and other non-dairy sources of protein
4. milk and dairy foods
5. foods and drinks high in fat and/or sugar
6. oils and spreads

## Some additional activities:

### Geography:

- Research and create a poster – choose your favourite food and research how it grows or is made, which country it comes from, how it is harvested, how it can be used in recipes... or any other interesting facts you can find out about it!

### History:

- Treats through the ages – what is your favourite dessert? How old is the recipe/which time period was it created in? What sweet treat recipes did people from different time periods and eras have that we don't now? You could try making some to see what they taste like!



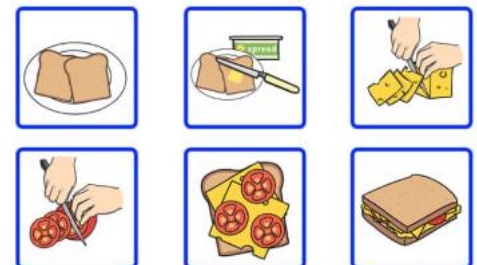
### Art:

- Potato printing – cut a potato in half, carve a shape into the flat part of the potato, then print by dipping into paint and pressing on to paper.



### D&T:

- Bake a cake/assemble a sandwich/follow a recipe – have a go at following some step-by-step instructions! What equipment will you need? Think also about which food groups the ingredients you use belong to and whether they come from plants or animals!



### Science:

- Plant your own fruit or vegetables – cress is a good one to try as it grows relatively quickly! Try making some predictions beforehand; how big/tall will it grow, how much water will it need, how much light will it need, how long will it take to grow etc.

