

Learning Project WEEK 6- Food

Age Range: Reception

| Weekly Maths Tasks (Aim to do 1 per day)   | Weekly Reading Tasks (Aim to do 1 per day)  |
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| <ul style="list-style-type: none"> <li>● Watch a Numberblocks clip each day at: <a href="#">BBC</a> or <a href="#">CBeebies</a>. Use this guide <a href="#">here</a> to give you ideas on what to do with your children whilst watching an episode.</li> <li>● Working on <a href="#">Numbots</a> - your child will have an individual login to access this.</li> <li>● Play the Numberblocks add and subtract <a href="#">game</a>.</li> <li>● Explore weighing and measuring food on the kitchen scales. Ask, what happens as you place more on the scales?</li> <li>● Look for numerals on packaging you find around the house. Can your child recognise the numerals and count out a matching amount?</li> </ul> | <ul style="list-style-type: none"> <li>● You can find books for your child to read to you on the Oxford Owl website <a href="#">Oxford Owl</a> select 'My class login' and enter user name WDPSREC and password WDPSREC (choose age groups 3-4 or 4-5). You may find that some of the books are tricky for your child, so help them read the sounds or words that they know, and you can read the rest!</li> <li>● You can find some online stories to read to your child here <a href="#">Booktrust</a>. This site also has some suitable games and activities. The Cbeebies website has some Bedtime Stories your child might enjoy. It is important that you watch and listen with your child so that you can talk to them about the story and explain anything they might not understand.</li> <li>● You can find more stories here <a href="https://www.storylineonline.net/library/">https://www.storylineonline.net/library/</a>. Look for stories starting at suggested grade level K.</li> <li>● Read a variety of books at home. Favourites can be repeated. Hearing the patterns of language in a story will support your child's language development.</li> <li>● Reception age children: Children to read to parents daily. Visit Oxford Owl for free eBooks.</li> <li>● With your child, look in magazines, newspapers and books for the tricky words they are currently learning. They could use a highlighter to highlight in magazines and newspapers.</li> <li>● Look at recipe books and food magazines. Encourage your child to use their phonics knowledge to decode the ingredients list. Select a recipe and make this together. Encourage your child to read the labels on packaging to figure out which ingredient it is.</li> </ul> |

**Weekly Phonics Tasks (Aim to do 1 per day)**

- Please refer to the letter sent on 22nd January 2020  
<https://williamdavies.newham.sch.uk/wp-content/uploads/2020/03/Letter-to-parents-Jan-20-reception.pdf>. The sheets or books in your child's book bag show you what they have been learning at school. Please continue to help your child practice, starting at this level. You can use the cards given out at the Phonics Workshop or visit the William Davies website to help your child with their sounds  
<https://williamdavies.newham.sch.uk/learning/helping-your-child-at-home/>.
- You can find books for your child to read to you on the Oxford Owl website [Oxford Owl](#) select 'My class login' and enter user name WDPSREC and password WDPSREC (choose age groups 3-4 or 4-5). You may find that some of the books are tricky for your child, so help them read the sounds or words that they know, and you can read the rest!
- Sing Nursery Rhymes and songs together. Add in actions and change the words. Can children think of different rhyming words to add in? Repeat old favourites and learn new rhymes. You can find an A-Z of [Nursery Rhymes](#).
- Practice the sounds your child is working on and blend words. This can be oral blending (e.g. spoken out loud c-a-t) or written if appropriate.  
[Interactive games](#).
- Pour flour, rice or lentils into a shallow tray or plate. Show your child a letter, digraph, trigraph or tricky word and ask them to 'write it' in the food using their finger.

**Weekly Writing Tasks (Aim to do 1 per day)**

- Practice name writing. Can they write their first name? Middle name? Surname?
- Practice forming the letters of the alphabet. Follow your school's script.
- Ask your child to write out the tricky words they are working on at the moment on pieces of paper and turn them into a pairs game.
- Using recipes from books as a guide, ask your child to create their own recipe for their dream meal. They could draw out the ingredients and label them and draw the finished meal. Some children may be able to write a few short sentences as instructions.

**Learning Project - to be done throughout the week**

The project this week aims to provide opportunities for your child to learn more food. Learning may focus on where different foods originate from, what makes a healthy meal, opportunities to cook etc.

- **Healthy/ Unhealthy-**

- Provide your child with a selection of items from your kitchen cupboards. Can they sort them into things that are healthy and unhealthy? Discuss why the food is good for you or bad for you. Look at the [Eatwell plate](#) to help figure out which foods they should eat a lot of or not very much of.
- Discuss how exercise is an important part of staying healthy. Watch and complete a 10 minute [shake up](#).
- The Body Coach, Joe Wicks, has some Kids Workout videos on YouTube: [kids workout](#)
- **5 a day-**
  - Support your child to create a food diary to record how many pieces of fruit and vegetables they eat in a day. They could write these using their phonics knowledge or draw a picture of each item.
- **Create a collage-**
  - Ask your child to draw out a number of fruits or vegetables, large enough to fill a piece of A4 paper. Provide them with a selection of colourful packaging. Can they cut out and collage on to their picture to
- **Play shops-**
  - Using toy food or old packaging, set up a food shop for your child to act out being the shopkeeper and customer. You could introduce coins to support their developing knowledge of money. Give them a notepad to use as a shopping list to encourage in the moment writing.
- **Potato/ Vegetable Printing-**
  - Using a selection of vegetables available in your kitchen, support your child to print and explore the shapes and patterns created: [how to potato print](#)



- **Make cornflour gloop-**
  - Mix cornflour with a small amount of water in a mixing bowl. It will make a slimy, stretchy mixture. Allow your child to explore the change of texture from wet to dry and the texture of the gloop.

### Additional learning resources parents may wish to engage with

[Classroom Secrets Learning Packs](#) - These packs are split into different year groups and include activities linked to reading, writing, maths and practical ideas you can do around the home.

[Twinkl](#) - to access these resources click on the link and sign up using your own email address and creating your own password. Use the offer code UKTWINKLHELPS.

[Headteacherchat](#) - This is a blog that has links to various learning platforms. Lots of these are free to access.

[Cosmic Kids Yoga](#) has lots of sessions for all ages and you can get a two-week free trial or find some of the sessions on YouTube for free.

[Busy things](#) Fun educational games for children (all children have a log in)