



Hi everyone,

It was wonderful to speak to so many of you recently and find out what you've been up to. I am so proud of you for working so hard – keep up the great work but remember to have some creative play time too!

This week's home learning is all about food – one of my favourite things! I have been cooking lots recently with my son Charlie who is home from University. Charlie loves his food especially spicy stuff like chilli and jalapeños. Some afternoons when he finishes his studying we cook together and we are really enjoying making Mexican food like tacos, enchiladas and tortillas with guacamole and salsa. I know that some of you have been cooking too; do you have a favourite type of food that you like to cook and eat as a family? Maybe you are taking photographs or writing things in a diary? I do hope so!

Food, eating healthily and exercise are really important for us all to stay fit and well. Do you remember designing a healthy plate full of food in science and feeling your heartbeat after jogging? Try to watch the clips on the links below with your parents, <https://www.bbc.co.uk/bitesize/subjects/zb9d7ty> The link takes you to the Design and Technology page where you need to click on Food. There are some great video clips especially on the food groups, why we need food and healthy eating and nutrition. Maybe you could:

Make a shopping list for a meal or recipe

List the ingredients you might need

Do some cooking? Can you measure and weigh the ingredients?

Maybe you could do a bit of geography and think about where your ingredients come from, find them on a map – google maps are useful if you don't have an atlas at home. When you have created your meal, you could draw or take a photograph of it and label the types of food groups – carbohydrate, protein -have fun!

I know many of you have enjoyed the Karate Cats Maths which is still my favourite maths game - <https://www.bbc.co.uk/games/embed/karate-cats-2?exitGameUrl=http%3A%2F%2Fbbc.com%2Fbitesize%2Farticles%2Fzf4sscw> .

Please remember the home learning page which is updated with new websites every week. Last week the BBC Bitesize introduced daily lessons and I think they are really good, take a look and see what you think <https://www.bbc.co.uk/bitesize/dailylessons>.

If anyone needs any help at all please call the office and I'll give you a call back as soon as possible.

Have a great week and remember to stay safe and have fun.

Love from Mrs Danby & Mrs Willows