





Year 1 Home Learning Menu 22-3-18



Starters: PSHE

-  Write in your Home Learning Book five healthy and five unhealthy foods.
-  Write in your Home Learning Book the different important food groups.
-  Write a list of the different types of food found in each food group.
-  Draw a picture of a healthy dinner. Refer to the food groups as a guide.

Main Course – you **MUST** do these every week:

- Write down 5 questions that you would ask your favourite Superhero. Do not forget to use a capital letter, finger spacing and a question mark for each question you write.
- Spend 10 minutes a day on Reading Eggs.
- Spend 10 minutes on Mathletics.
- Practise your spellings with an adult. Remember to write them down as many times as possible.

- Everyone **must** finish the main course every week. **Work must be completed in your Home Learning books and returned to school on Wednesday of each week.**
- If you are feeling *extra* hungry, you can order from the starters. These will focus on a different subject each week. Each dish has a difficulty rating. The more chilies, the more *challenging* the task!
- Why not spend some time tackling some of the family side dishes. Time spent as a family is important and you can learn together whilst having fun.

Dessert: Project to be completed by 28th March.

Using different household materials create three 3D shapes. Put the shapes you have created into a small shoe box. The shapes will be used as a learning center for the class.

Sides: Family Fun

- Together go to your local supermarket and find a healthy lunch dish that you can prepare as a family.