

**English and Literacy**  
**Home Learning Read and Respond Units**  
**Year 3 - Week 7**



Week 7					
Year 3	Day 1	Day 2	Day 3	Day 4	Day 5
<p><b>Focus Theme: Be Healthy and Happy!</b></p> <p>This week you will look at the types of foods we need to eat to stay healthy through listening to songs and reading information, designing a menu and even creating your own active shake up activity!</p> <p><b>When following links online, parents should monitor that children are remaining on that page only and are keeping safe online.</b></p>	<p>Watch and enjoy this song: <i>Keeping Healthy song</i> <a href="https://www.youtube.com/watch?v=yN1Bc1oFO68">https://www.youtube.com/watch?v=yN1Bc1oFO68</a></p> <p>Discuss what you have learned after watching and enjoying the song.</p> <p>Now look at this website: <i>NHS – Eat Well Guide</i> <a href="https://www.nhs.uk/liv-e-well/eat-well/the-eatwell-guide/">https://www.nhs.uk/liv-e-well/eat-well/the-eatwell-guide/</a> Adult support will be needed to read, navigate and discuss the content of this website.</p> <p>After this, create, draw and label your own <i>Eat Well</i> plate. Organise your plate into sections for: carbohydrates protein dairy foods fruit and vegetables</p>	<p>Read and enjoy the activities suggested for keeping active on this website: <i>10 Minute Shake Up</i> <a href="https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=toy-story">https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=toy-story</a></p> <p>Try out some of these with your family!</p> <p>Now design your own shake up activity.</p> <p>Write the instructions following the same structure as the activity instructions you’ve just read.</p> <p>Design a title for your own shake-up activity. Write your instructions using numbered steps. Include some pictures and diagrams.</p> <p>Now try out your shake-up activity. Is it clear for others to follow?</p>	<p>Watch and enjoy the story of <i>The Very Hungry Caterpillar</i> by Eric Carle. You may remember reading this! <i>The Very Hungry Caterpillar</i> <a href="https://www.youtube.com/watch?v=75NQK-Sm1YY">https://www.youtube.com/watch?v=75NQK-Sm1YY</a></p> <p>Watch, listen and write down what the caterpillar ate.</p> <p>Discuss the question – Is the caterpillar eating a balanced diet? Think about what you have learned about a balanced diet on Day 1 this week.</p> <p>Write an improved, healthier menu for the hungry caterpillar for a day with breakfast, lunch and tea or for a week as it appears in the story.</p> <p>Write your new menu using days of the week.</p>	<p>Following on from yesterday, now write a letter to the Hungry Caterpillar including a list of foods to stay healthy. The menu you created yesterday will help with your ideas but you can add new foods or choose to change your ideas for your letter.</p> <p>Remember to give advice about a balanced diet including protein, carbohydrates, dairy and fruit and vegetables.</p> <p>Provide some advice about not eating too many foods in the same food group or too many sweets, crisps and cake!</p> <p>Use the ideas below to help you write your letter.</p> <p>Dear Hungry Caterpillar,</p>	<p>Read and discuss the following information about keeping safe, happy and healthy in the sun. <i>Be Smart in the Sun</i> <a href="https://www.healthforkids.co.uk/staying-healthy/be-smart-in-the-sun/">https://www.healthforkids.co.uk/staying-healthy/be-smart-in-the-sun/</a> (If the page is split in half, click for the KIDS section on the left of the page).</p> <p>Also, view this clip and read the information. <i>Tips for Staying Safe in the Sun</i> <a href="https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids">https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids</a></p> <p>Now discuss the guidance about keeping safe in the sun with an adult.</p> <p>Create a true and false quiz for your friends and family using the information you have read.</p>

	<p>You could present this by drawing on a paper plate or making your own plate out of paper/cardboard.</p> <p>Display it in your kitchen for everyone in your family to see.</p> <p>Next time you eat your dinner, can you identify all the foods on your plate and to which food group they each belong?</p>	<p>Return to your writing and edit the instructions if you need to. Do you need to make the steps clearer for your audience to follow?</p> <p>Finally, publish your shake-up instructions by writing them on a poster and sending to your teacher, classmates, or family members for them to try out!</p>	<p>Remember to use a capital letter for each day of the week!</p> <p>Use describing words (adjectives) for the food which you choose each day, e.g.</p> <p><u>Monday</u> Succulent sausages and poached eggs with tomato sauce</p> <p><u>Tuesday</u> Grapefruit segments and a glass of ice-cold milk</p> <p><u>Wednesday</u> Granary toast with sliced cheese and tomatoes on top</p> <p><u>Thursday</u> Chicken kebabs with peppers and onions. Don't forget garlic sauce!</p> <p><u>Friday</u></p> <p><u>Saturday</u></p> <p><u>Sunday</u> Remember to use capital letters for days of the week and check all spelling on your menu.</p>	<p>I think you need to eat different foods so you have a healthier diet.</p> <p>I would recommend that you eat these foods.</p> <p>On Monday, make sure you eat some ... so that you get some protein and fruit.</p> <p>On Tuesday ...</p> <p>On Wednesday ... etc.</p> <p>On Saturday and Sunday you can treat yourself to ...</p> <p>Please avoid eating too many ...</p> <p>If you follow my advice, I think you will be healthy and very happy. You can then be called The Very Healthy Caterpillar!</p> <p>Thank you. Sign your name</p> <p>Please check all spelling and punctuation after</p>	<p>For example:</p> <ol style="list-style-type: none"> <li>1. You should apply sun cream every 4 hours – true or false?</li> <li>2. You should apply sun cream 20 minutes before going out into the sun – true or false?</li> </ol> <p>Try to create ten questions for your quiz and then enjoy testing your family members to see if they know the answers!</p>
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				<p>you have completed your letter.</p> <p>Send the letter to your teacher to enjoy reading!</p>	
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**Additional activities:**

- Return to the *Keeping Healthy* song from day 1.  
<https://www.youtube.com/watch?v=yN1Bc1oFO68>  
 After watching and enjoying this, you could write your own Keeping Healthy Song!
- Read some tips about feeling good here:  
<https://www.healthforkids.co.uk/feelings/feeling-ok-about-myself/> (If the page is split in half, click for the KIDS section on the left of the page).
- Food diary/food plate:  
 Write a food diary for each member of your family each day this week.  
 Record what they eat for each meal throughout the day and then label each item of food as protein, carbohydrates, fruit and vegetables or dairy.
- Read, enjoy and discuss these stories together – Fairy Tales Gone Wrong:  
<https://www.lovereadings4kids.co.uk/book/10836/Fairy-Tales-Gone-Wrong-Eat-Your-Greens-Goldilocks-A-Story-About-Eating-Healthily-by-Steve-Smallman.html>  
 (Note: You will need to register with LoveReading4Kids to view the extract. Membership is free).
- Watch and enjoy this episode of Morph - Boot Camp: [https://www.youtube.com/watch?v=7EU6y\\_t9Ggc](https://www.youtube.com/watch?v=7EU6y_t9Ggc)  
 You could then write the dialogue between Morph and Chas. Remember to use inverted commas (speech marks) and synonyms (similar words) for 'said' which you can find on [www.wordhippo.com](http://www.wordhippo.com).