

## English



- Create 2 menus for a restaurant. A healthy menu and an unhealthy menu.
- Write up a description of the meals on your menu, making them sound as tasty as possible.
- Think of adjectives to describe the food. How do those adjectives change for the healthy and unhealthy food?

KIDS MENU	
<b>HOT FOOD</b>	<b>SANDWICHES</b>
<ul style="list-style-type: none"> <li>Hot Dog \$1.50</li> <li>Hot Burger \$2.00</li> <li>Spaghetti \$1.80</li> <li>Macaroni \$1.80</li> <li>Chicken Pasta \$2.20</li> <li>Beef Pasta \$2.20</li> <li>Vegetable Pasta \$2.20</li> <li>Spaghetti &amp; Meatballs \$2.50</li> <li>Spaghetti \$1.80</li> <li>Hot \$1.50</li> </ul>	<ul style="list-style-type: none"> <li>Ham &amp; Cheese \$2.50</li> <li>Chicken &amp; Cheese \$2.50</li> <li>Beef &amp; Cheese \$2.50</li> <li>Turkey &amp; Cheese \$2.50</li> <li>Salami &amp; Cheese \$2.50</li> <li>Pepperoni \$2.50</li> <li>Mushroom \$2.50</li> <li>Onion \$2.50</li> <li>Spinach \$2.50</li> <li>Tomato \$2.50</li> <li>Pepperoni &amp; Mushroom \$3.00</li> <li>Pepperoni &amp; Spinach \$3.00</li> <li>Pepperoni &amp; Tomato \$3.00</li> <li>Pepperoni &amp; Spinach &amp; Tomato \$3.50</li> </ul>
<b>LUNCH</b>	<b>HEALTHY HOT FOOD</b>
<ul style="list-style-type: none"> <li>Hot Dog \$1.50</li> <li>Hot Burger \$2.00</li> <li>Spaghetti \$1.80</li> <li>Macaroni \$1.80</li> <li>Chicken Pasta \$2.20</li> <li>Beef Pasta \$2.20</li> <li>Vegetable Pasta \$2.20</li> <li>Spaghetti &amp; Meatballs \$2.50</li> <li>Spaghetti \$1.80</li> <li>Hot \$1.50</li> </ul>	<ul style="list-style-type: none"> <li>Hot Dog \$1.50</li> <li>Hot Burger \$2.00</li> <li>Spaghetti \$1.80</li> <li>Macaroni \$1.80</li> <li>Chicken Pasta \$2.20</li> <li>Beef Pasta \$2.20</li> <li>Vegetable Pasta \$2.20</li> <li>Spaghetti &amp; Meatballs \$2.50</li> <li>Spaghetti \$1.80</li> <li>Hot \$1.50</li> </ul>

## Reading and Spelling

- Read at least 10 minutes per day.

Spell words with the 'ous' sound and put them into sentences.

Practise the route word and the 'ous' ending words for:

Space—spacious

poison—poisonous

Fury—furious

danger—dangerous

Fame—famous

mountain—mountainous

Envy—envious



## Maths

- Practise Times Tables Rock Stars and Year 4 Multiplication check on line.
- Karate cats maths—challenge for the harder level of maths work.
- <https://www.bbc.co.uk/bitesize/topics/zjkphbk/articles/zf4sscw>

Write different times tables on small pieces of paper/ post it notes. Stick them up the stairs in order and practise saying them on each step. Take some away and fill in the gaps by saying the missing numbers. Try it for all times tables. Hide them around the house and answer them every time you spot one.



Remember to check Purple Mash for 2Do activities set by your teacher.

## Creative - Burps, Bottoms and Bile

Create an eye-catching poster about the digestive system.

Include facts and diagrams.

Use bold bright lettering to make it stand out.

**Digestion**

**The Digestive System**

**What Happens to your Food**

**Mouth**  
Food and drink are chewed, mixed with saliva then swallowed.

**Digestive Tract**  
This is a tube of 7 metres which starts at your mouth and finishes at the anus.

Food passes along the tube, mixing with chemicals known as **digestive enzymes** along the way.

These enzymes split the food into smaller and smaller units which are the **nutrients** that the body needs to make it work properly. These nutrients are tiny enough to pass through the wall of the intestine and enter the bloodstream.

The blood carries the nutrients round the body to where they are needed for building, repairing and maintaining a healthy person.

**Peristalsis**  
The food is passed through the system by a series of rhythmic muscular contractions. These wave-like contractions are called **peristalsis**. The walls of the tract contract behind the food and push it downward.

**Fats and Oils for heat and energy**

**The Food Pyramid**

Animal Proteins for growth and repair

Fruit and Vegetables for health and vitality

Carbohydrates for energy

To stay healthy, you need to eat the correct amount of food from the main food groups. The proportions of foods in a balanced diet form a pyramid.

**Body Waste**

The 'wastes' from digestion have to be expelled from the body.

We produce 45,000 litres of liquid waste or urine during our lives - enough to fill a full tanker!

The solid wastes are called **faeces**, which the body pushes out through the anus.

Our anus also releases 3 litres of gas called **flatus** every day - enough to fill a small balloon.

Our anus also releases 3 litres of gas called **flatus** every day - enough to fill a small balloon. This can take 14 hours.

**Labels in the diagram:** Mouth, Tongue, Salivary Glands, Windpipe (to Lungs), Oesophagus, Liver, Gallbladder, Stomach, Pancreas, Small Intestine, Large Intestine, Anus, Rectum, Appendix, Longitudinal Muscle Layer, Circular Muscle Layer, Coeliac Muscle Layer, Stomach Lining.