



## GREEN CLASS HOME LEARNING

### Autumn 1 – Nibblers & Nashers

#### Daily / Weekly

- **Reading:** please read **with** your child for a minimum of 20 minutes each day
- **Spellings:** spelling pattern word list will be uploaded to Seesaw every half term. You may use this to support your child at home. Noticing spelling patterns in everyday life such as on posters in shops or in their reading book is a great conversation starter and will help reinforce the spelling rules.
- **Maths:** two Mathematics tasks from Tuesday and practise times tables up to 12 x 12.

#### Topic related activities

***We would like you to complete at least 3 of these (but you can do more!)***

- Keep a food diary and notice what happens as certain foods (like beetroot, sweetcorn, asparagus or blueberries) pass through your body.
- Who spends the most time in the bathroom in your house? Make some observations and display your findings in a graph/chart.
- Find out how to look after your digestive system with some colon cleansing foods (cider vinegar, flax seeds, avocado & spinach are good) and make a song/poster encouraging people to look after their guts!
- Learn how to boost your immune system. Make a poster or advert for a doctor's surgery helping people avoid falling victim to the flu season.
- Do you have any horrid habits? What habits do you dislike in others? Think up some tips on how to give up a horrid habit.
- Drop grubby copper plated coins into a range of fizzy drinks and leave them overnight to see what happens. Which brand has the most powerful cleaning properties?
- What qualifications and training do you need to become a dentist? You could quiz your dentist at your next check-up! Ask before you have a mouthful of instruments!
- Some people sneeze because they are allergic to certain substances such as pollen or house dust mites. Survey your friends and family and find out if anyone you know has an allergy. How will you record the information?
- Try a new food or a drink that you have never tasted before. What do you like or dislike about how it tastes and the texture?

*These can be brought into school at any time **before 17<sup>th</sup> October** and will be shared each **Thursday afternoon. Have fun!***