

## FOOD GLORIOUS FOOD HOMEWORK GRID

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Go to the following website:<br/> <a href="http://www.foodafactoflife.org.uk/QuickLinks.aspx?contentType=2">http://www.foodafactoflife.org.uk/QuickLinks.aspx?contentType=2</a></p> <ul style="list-style-type: none"> <li>• Play as many games as you like. Record in words or pictures what you discovered.</li> <li>• If you find other food games, write the website in your jotter so we can tell the rest of the class.</li> </ul>                                | <p>Collect pictures of a wide range of foods from magazines, newspapers, packaging etc.</p> <ul style="list-style-type: none"> <li>• Think of a way to group your foods (e.g. colour, wellbeing plate, size) and make a poster showing your groups.</li> <li>• Label them to help others understand your idea.</li> </ul>                                                                                                                                                                     | <p>Keep a food diary for a week, from Monday to Friday. Write down what you eat each day for breakfast, lunch and dinner, including any snacks and drinks you have.</p>                                                                                                                                                                                                                                                          |
| <p>Watch or read an advert for food or drink on the TV, computer or on buses, billboards and magazines.<br/> <u>Answer these questions about it in sentences:</u> 1. What is the product being sold?<br/>           2. Who made the advert?<br/>           3. What does the advert suggest about the product?<br/>           4. What does the advert want you to buy, do or think?</p>  | <p>Make a bird feeder. You need an apple, sunflower seeds and string.</p> <ol style="list-style-type: none"> <li>1. Cut the apple in half and remove the core.</li> <li>2. Tie the string round one half, leaving an extra bit to attach it to your fence/window.</li> <li>3. Stick the sunflower seeds into the apple.</li> <li>4. Hang it, then record the changes you notice in the apple or animals you see over the next few days.</li> <li>5. Take a picture if you can.</li> </ol>  | <p>Keep the packaging of all the food you eat and drinks you have over a day.</p> <p>Once you've collected it all, calculate the:</p> <ul style="list-style-type: none"> <li>• Total calories (sometimes labelled energy kcal)</li> <li>• Total sugar (sometimes labelled carbohydrates: of which sugars)</li> <li>• Total fat</li> <li>• Total salt</li> </ul> <p>Use your Maths skills to add up and show your answers.</p>  |

Remember to complete at least 3 activities from the grid over the half term.

Please be creative and remember to bring in your homework when you have completed it so we can share, celebrate and display it!

# FOOD GLORIOUS FOOD HOMEWORK GRID

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Become a gardener for the day. Do some weeding or tidy an outdoor area, taking pictures or writing about what you've done.</p> <p>Alternatively, grow something at home in a pot inside or in your garden (ask at school for a small pot if you need one). It can be a flower, herb or vegetable. Remember to take good care of it and once it's grown, bring it in for the class to see.</p>  | <p>Research and list 15 songs that have a type of food in their title. If you can, listen to them and try and learn some of the words!</p>  | <p><u>Let's get cooking!</u><br/>Cook or bake a dish at home with your family. Write out the list of ingredients needed (remember to include measurements) and the instructions to create your meal. Bring in a picture if you can so we can see what you made.</p>  |
| <p>Research the country where your favourite food/ meal comes from. Draw and write what you find out.</p>                                                                                                                                                                                                                                                                                                                                                                          | <p>What is meant by the term FAIRTRADE? Create a report explaining what it means.</p>                                                       | <p>Investigate the term – Food Miles and the impact on the world. Write a short piece explaining to others what it is all about.</p>                                                                                                                                 |
| <p>Look at <a href="http://www.foodafactoflife.org">www.foodafactoflife.org</a> website. See what information you can find out about healthy eating and farming. Create a poster about it.</p>                                                                                                                                                                                                                                                                                     | <p>Use a fruit or vegetable to print a pattern in your book.</p>                                                                                                                                                             | <p>Create some food craft! See <a href="http://www.thedailybuzz.com.au/2011/10/20-creative-food-ideas-for-kids/">http://www.thedailybuzz.com.au/2011/10/20-creative-food-ideas-for-kids/</a> for ideas!</p>                                                         |
| <p>Create packaging for a dish of your choice. Remember you are trying to persuade someone to buy it!</p>                                                                                                                                                                                                                                                                                                                                                                          | <p>Try a new food from a different culture. Write a detailed description of the experience.</p>                                                                                                                              | <p>Find 10 foods in the supermarket that come from the same country. Write what they are and draw/ photograph them.</p>                                                                                                                                                                                                                                 |

Remember to complete at least 3 activities from the grid over the half term.

Please be creative and remember to bring in your homework when you have completed it so we can share, celebrate and display it!