

Year 4 Weekly Homework – Week 13

Topic – Food

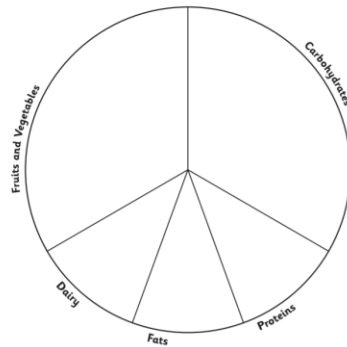
If you are not currently connected to Class Dojo and would like your connection details, please send an email to admin@simonside.newcastle.sch.uk and we will get you connected.

Challenge 1 (Science)

What is a balanced diet? Find out about the 5 food groups: carbohydrates, protein, dairy, fruits and vegetables, fats.

Sort these food items into their correct food group:

1. Chocolate
2. Muesli
3. Peas
4. Roast beef
5. Doughnut
6. Wholemeal bread
7. Cheese spread
8. Nuts
9. Cabbage
10. Cous cous
11. Crisps
12. Haddock



Challenge 2 (Art)

The artist Giuseppe Arcimboldo is well known today for painting portraits of people made out of different types of fruits, vegetables, meat and fish.

He would pick food that had a connection to whatever he was painting. For example, when creating a picture of autumn he used fruits and vegetables that grew in autumn.



Have a go at creating your own Giuseppe Arcimboldo inspired artwork.

Challenge 3 (PE)

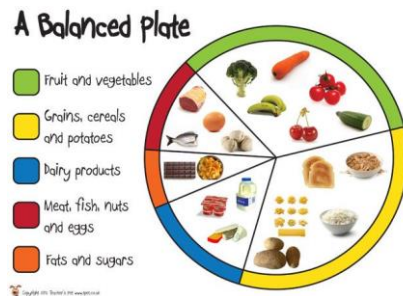
Food provides us with energy and we need energy to exercise as this keeps us fit. Design your own fitness session using these Joe Wick's workout cards to help you.

<https://documentcloud.adobe.com/link/review?uri=urn:aai:d:scds:US:296ed5ab-1cc5-4449-8902-386c4bac6ee7>



Challenge 4 (Science)

Your challenge is to design a healthy three course meal that your family could eat. Think about what you have learnt about food groups and how much you should have of the foods in each group on your plate.



Challenge 5 (English)

When we make recipes we often have to follow a set of instructions. Research and write down a set of instructions on **how to make a pizza**.

Make sure you use a range of imperative verbs: e.g. spread, melt, break, knead, chop and a range of time connectives e.g. first, next, finally.



Challenge 6 (Maths)

Look at these unit of time questions and have a go at them:

1. How many hours are there in a day?
2. How many days are there in a year?
3. How many days are there in a leap year?
4. How many weeks are there in a year?
5. How many days are there in June?
6. How many days are there in January and March?
7. How many days are there in a fortnight?
8. If the 1st of January was a Thursday, what day of the week would the 19th January be on?
9. Jasmine went to Spain on Friday 16th June. She returned on 21st June. What day was this?

Challenge 7 (French)

Watch this clip to find out the French words for some items of food. Then, match up the French words to the correct English words: <https://www.bbc.co.uk/teach/class-clips-video/french-ks2-shopping-for-food/z7ynvk7>

Peas	Des oeufs
Mushrooms	Banane
Tomatoes	Chocolat
Eggs	Crème
Sausages	Champignon
Ham	Bonbons
Banana	Tomates
Chocolate	Jambon
Sweets	Petit pois
Cream	Saucisses



Challenge 8 (English)

Read the text and answer the questions.

<https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:729ca3b5-6f37-4068-913c-75a8a0e5bde8>

All about...

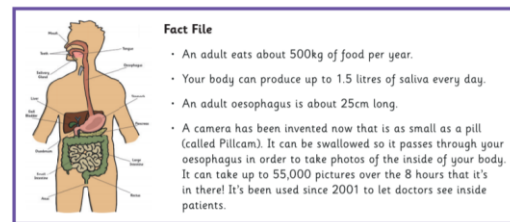
Your Digestive System

Have you ever wondered what happens to your food after you've chewed it in your mouth? Your body is amazing and has a system that sorts and uses the food you eat to make sure your body has everything it needs to work properly. This is called your digestive system. Here's how it works...

Before the Stomach

First of all, we all know that you put food in your mouth to eat it. You enjoy the taste and the feel of the food in your mouth whilst your teeth break it down into smaller pieces. Saliva is the juice in your mouth that is mixed with your food to help make it softer.

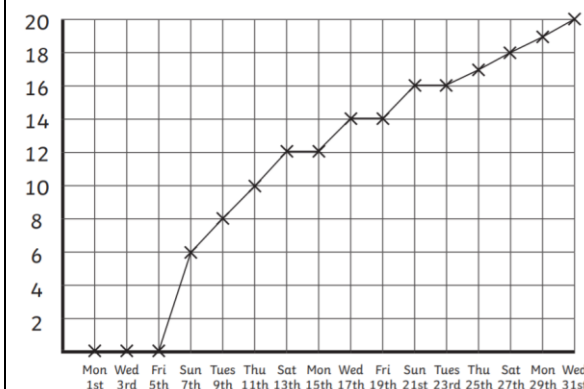
When food is small and soft enough to be swallowed, it goes down a big tube to your stomach called the oesophagus (say: a-soff-a-guss). Muscles in the oesophagus take turns to move the food to your stomach. These muscles are so good at this job that they could even get the food to your stomach if you were standing on your head! (Don't try to eat your tea standing on your head though!)



Fact File

- An adult eats about 500kg of food per year.
- Your body can produce up to 1.5 litres of saliva every day.
- An adult oesophagus is about 25cm long.
- A camera has been invented now that is as small as a pill (called Pillcam). It can be swallowed so it passes through your oesophagus in order to take photos of the inside of your body. It can take up to 55,000 pictures over the 8 hours that it's in there! It's been used since 2001 to let doctors see inside patients.

Challenge 9 (Maths)



Here is a line graph showing a sunflower's growth. Its height was measured every two days. Look at the graph and answer the questions.

1. How many days did the plant take to grow to 18cm?
2. What is the height difference between Friday 19th and Thursday 25th?
3. Why is there no measurement in the first week?
4. What is the height of the plant on these days?
 - a) Thursday 11th
 - b) Friday 19th
 - c) Monday 29th

Remember:

- Weekly spellings are also posted on the school website.
- Keep practising your times tables using Times Table Rockstars.
- Find a book you enjoy reading on Bug Club or at home. Can you read a paragraph out loud with expression to your grown up?