



Year 3/4 Project Home work

Keeping in Shape



In DT and PSHE this term we are learning about healthy eating. In DT we are actually going to learn how to make pasta!

For your homework project, we would like you to make a meal for your family.

Use the 'eatwell plate' on the back of this sheet, to design a balanced meal. Make sure you get your grown-ups to help!

To share this with us in school, you could bring in (or email)

- photographs of your meal
- the recipe you followed
- your meal drawn and labelled to show it was balanced
- reviews of your meal from your family members

Useful websites:

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking-recipes>

Weekly Homework:

Read 4 times a week, to be recorded in your reading record.

Times Table Rockstars

15 minutes on Garage, 2 minutes on Studio

(login is in the front cover of your reading record)

Spellings

We will send home weekly spellings for your child to practice. Attached to this sheet is a set of activities that you can choose from each week to help your child practise their spellings in a more fun and interactive fashion.

Please choose 2 activities to complete each week. To evidence this please sign and date the spelling book and write which activities you completed.

Project due Monday 18h March

Thank you for supporting your child with their homework,

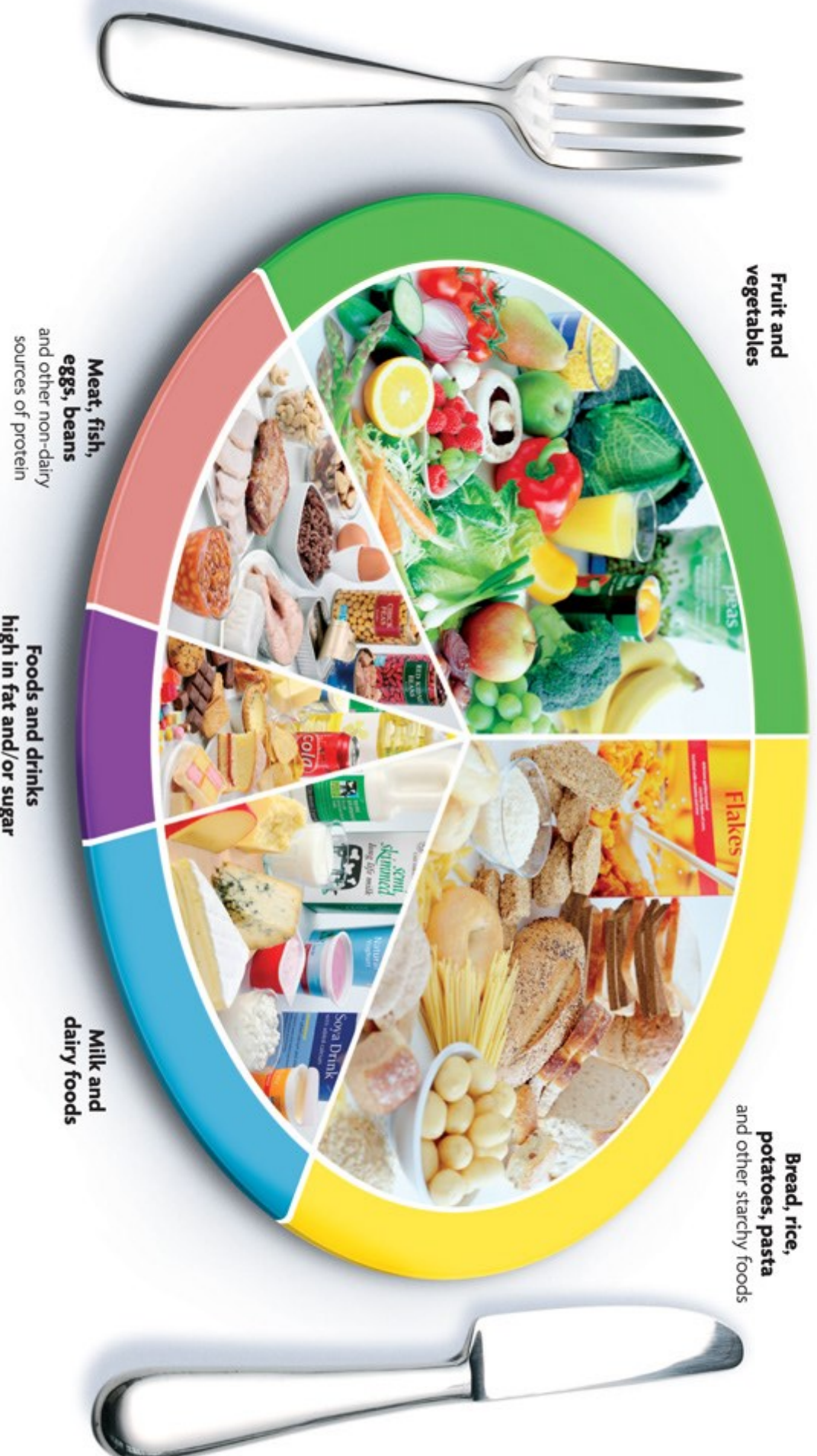
Mrs Willoughby

Mrs Swindells

Mr Jones

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Words Within Words

Write each spelling word and then write at least two words made from the same letters that is hidden inside the word.

Example: slide
side lie lid led etc.

Newsy Words

Use old magazines, catalogs, or newspapers to cut out letters.

Glue the letters down on a piece of paper to spell your words.

**Helpful Hint:* Cut out lots of extra letters. Store them in a Ziploc bag for future use. This is a huge timesaver!

Other Handed

First write your spelling words the way you usually do it.

Then, try writing the list with your other hand!

Pasta Words

Arrange alphabet pasta or Alphabits cereal to form your spelling words. Glue onto a piece of paper.

Practice Test

Take a practice test. Have your Mom or Dad ask you to spell your spelling words.

Write them on a list. Check your practice test and correct any missed words. *This would be an especially good activity to complete on Thursday night.*

Sound Words

Use a voice recorder to record your spelling words and their spelling. Then play it back and listen to it, checking to see that you spelled all the words correctly.

Spelling Baseball

Draw four bases on a piece of paper or lay out four pillows to be the bases.

The pitcher selects a word. If the batter can spell the word correctly, he moves forward one base.

A point is earned every time you pass home plate.

Words Without Consonants

Write your spelling words on a list but replace all the consonants with a line. Then go back to the beginning of your list and see if you can fill in the correct missing consonants.

Sentence, Please

Write sentences using each of your spelling words. You may use more than one word in a sentence, but you must write at least 10 sentences.

Underline your spelling words.

Spelling Flowers

Draw a picture of a great big flower. Write each of your spelling words on one of the flower petals or on a leaf. Draw extra flowers if you run out of room.

Surround Words

Write your words on graph paper. Write "middle" letters, one letter in each box.

Use two boxes for "tall" letters like t and l and "low" letters like j and g. Then outline the words using different colors.



Telephone Words

First write your words in a list. Then look at your telephone keypad. Translate each letter into the numbers on the keypad. Now write your spelling words using this code!

Toss a Word

Toss (or roll) a ball back and forth with a partner.

You say the 1st letter, and then toss and your partner says 2nd letter, and so forth.

Type 'Em

Type your spelling words on the computer. *Make each word have a different font.* You can even email your words to me.

Word Search

Make a word search puzzle using your spelling words.

Use the Discovery School's online Puzzle Maker

<http://www.puzzlemaker.com>.

Then find your words!

Trace Around

Write each of your spelling words using a pencil. Then **trace around** each word with a crayon, colored pencil, or a marker.