

Mercury Home Learning Grid Week Beginning 15.6.20
Big Question: **Where does our food come from?**

Literacy 1 (Reading)

All about porridge



Porridge is a real Scottish dish. Do you know what porridge is made of? Do you know where the oats come from? Do you know why porridge is good for you?

Read the text 'All about porridge' at the end of this grid. Did you understand every word? Do you remember the different strategies to find the meaning of a word? Reread the text and try to answer the questions. When writing down your answers remember to write in full sentences with capitals and full stops.

You'll find the answers on the Grid's Answer Sheet.

Literacy 2 (Spelling)

Fruit and Veg Spelling Snake

How many different fruits do you know? And how many different vegetables do you know? Write down as many as you can find and do a little research online to find new fruits and vegetables you may not even have heard of.

With all these names try to make the longest snake ever by connecting the words head to toe. The last letter of the first word has to be the same as the first letter of the second word, etc.

For example:
banana-apple-elderberry-...

When you get stuck, start a new snake. How many words has your longest spelling snake?

[This website](#) may come in handy.



Literacy 3 (Grammar)

Commands

Command sentences are used when you are telling someone to do something. Commands usually start with an **imperative verb**, also known as a 'bossy verb', because they tell someone to do something.

"Fetch me some biscuits."
In this example, 'fetch' is the imperative verb.

Watch [this video](#) and complete the task on the same page, to learn more about commands.

You should also use commands when you are writing instructions telling someone how to do something.

Think of 10 different command sentences you can use in your home

Now, do your homework! Please ;D

Literacy 4 (Writing)

Tasty Tomatoes, from farm to fork

Watch [this video](#) and imagine you are a tomato! Write a diary entry which details your exciting journey from farm to fork. Remember to include details of what you saw and how you felt at different stages of your journey.

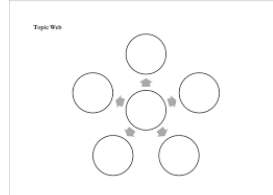
Remember to use a different paragraph for every part of your journey. Think of a different way to begin each paragraph.



Numeracy 1

Number of the Day Web

Choose a random 3-digit number and write it in the middle of your web.



Fill the web with the answers to the following questions:

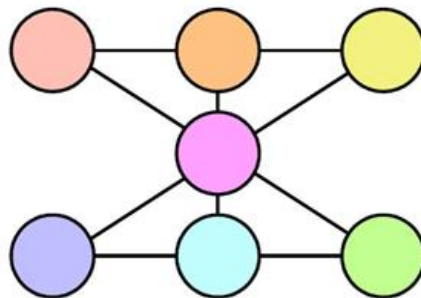
1. Write the number in words.
2. Half it.
3. Double it.
4. Write down 3 even numbers before it.
5. Write down 3 odd numbers after it.
6. Round it to the nearest 10.
7. Round it to the nearest 100.
8. What is the biggest number you can make with these digits?
9. What is the smallest number you can make with these digits?

Take a new number every day.
Challenge yourself by choosing a 4-or 5-digit number.

Numeracy 2

Number Lines

Can you put the numbers 1 to 7 in each circle so that the total of every line is 12?



Maths 1

Banana Bread

Did you know that baking has a lot to do with maths? You need the correct number or weight of your ingredients. Can you imagine what a cake with 100 grams of salt would taste like?

Remember:

1 kilogram = 1000 gram

$\frac{1}{2}$ kilogram = 500 gram

But in cooking recipes you have many ways of measuring.

1tbsp = 1 tablespoon

1 tsp = 1 teaspoon

Your challenge is to follow [this Banana Bread recipe](#) very precisely. Ask an adult to help you with the oven.

The good thing about this challenge is, you'll know when you did well by tasting your Banana Bread. Enjoy!



Problem Solving

Weighing Fruit

There are some open markets in Scotland that would like to sell fruit by their weight in lbs (pounds), but we often buy them in kilos.

0.45 kilo = 1 lb

2.20 lb = 1 kilo

You get about 4 apples or 4 bananas in one pound (1 lb).

1. So, roughly, what would 6 bananas and 4 apples together weigh in kilos?

You get about 6 mangoes in a kilo.

2. So, roughly, what would 30 mangoes weigh in pounds (lbs)?

You get about 6 oranges in one pound (1 lb).

3. So, roughly, what would 24 oranges weigh in kilos?



HWB

Yummy local fruits and vegies

Although we may always be able to buy strawberries in the shops, they are at their freshest and cheapest in the summer months. This is called being “in season”. **Investigate** foods that are available or ‘in season’ at different times of the year and local to your area.

Prepare a dish using as many of these fresh, local, sustainable ingredients as possible. Watch [the videos](#) about [knife skills](#) to help improve your food preparation. Google “Fruits and Vegetables in Season” or watch [this video](#).



PE1

Fruit and Veg Twister

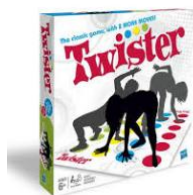
First you need to make cards and on each card you write or draw a fruit or a vegetable. You can start with 16 cards, but more cards is more challenging.

Put the cards in rows on the floor, like the Twister game.



Ask someone in your house to shout out a fruit or vegetable and which hand or foot. For example: left hand on apple, right foot on lettuce.

How flexible are you?



PE2

What's Your Name – Fitness Activity

Use the sheet below (larger copy at the end of the document) to complete your own personal workout based on your name. Why not try the workouts for different family members or your friends name. Who has the toughest work out?



Outdoor Challenge

Bird Watching

Did you know that there is also a bird called the nightingale? It is small, brown and has a red tail. It also has white-grey streaks on the bottom part of its body. Unfortunately, they only live in certain parts of the UK.



However, we have lots of different types of birds living in Scotland! Why not see if you can identify some on your next walk? If you can, make some notes about the different types of birds you see. What size are they? What colour are they? Do they have different colours running through their feathers? What do their tails look like? If you have access to books or the internet at home, try and find out what these birds are. What else can you discover about them?

Science

Make a plant obstacle course!

Can a potato get through a maze?

What you need:

- Sprouting potato
- Shoebox with lid
- Cardboard
- Scissors
- Glue or Sellotape

1. Cut two cardboard pieces the height and width of the shoebox.
2. Cut a 2 centimetre diameter hole in each piece.
3. Cut a 2 centimetre diameter hole in one end of the shoebox.
4. Glue or Sellotape the cardboard pieces into the shoebox.
5. Put a sprouting potato in the opposite end of the shoebox to the hole.
6. Put the lid back on and leave the shoebox in a sunny place, with the hole facing the light.

Plants need light to grow. What do you think the potato will do as it tries to find the light? Will it complete the obstacle course? Check the potato every 2-3 days to see what's happening

Instruction video is [here](#).

Topic

Food Miles Detective

How many miles has your food travelled? Be a Food Miles Detective and find out where your food has come from, you will need to search for this information on food packaging and labels. See which of your foods has had the longest and shortest journey to your home. Why do you think particular foods are grown in certain places in the world?

[This video](#) has a handy food calculator you can use.

Note down your detective work to share with an adult. Choose the best way for you to present your notes. Think of graphs, tables, posters, lists, drawing, etc.



Expressive Arts

Tractors

You can see tractors everywhere in the Scottish Borders. These big vehicles help our farmers to do their work and they have done so for a long time. Google modern and vintage tractors and identify how they have changed over the years. Why do you think this is? Draw a table to compare two tractors or annotate a drawing of the two tractors side by side.

	Vintage Tractor	Modern tractor
wheels/tyres		
size		
steering		
how it works/purpose		
other		

Design and draw a tractor of your own. What important job does it do on the farm? What luxuries does it have for the farmer in the cab? Instead of drawing you can also make one from Lego or Knex or cardboard or maybe you have a better idea yourself. Please share your design on the class Facebook page.

Flexi

Whole School Challenge Rainbow Food

Create a rainbow using fresh food! Get creative, what foods could you use for red, orange, yellow, blue, indigo and violet? Do you need to cut up, chop, peel, slice any of your food in order to make it into a rainbow shape? Perhaps you want to cut out shapes using a shaped cutter or a knife with the help of an adult. Maybe you want to use more than one food for one colour e.g. red strawberries and raspberries. Take a picture, share with us on Facebook or through email then enjoy eating your fresh and tasty Rainbow Food.



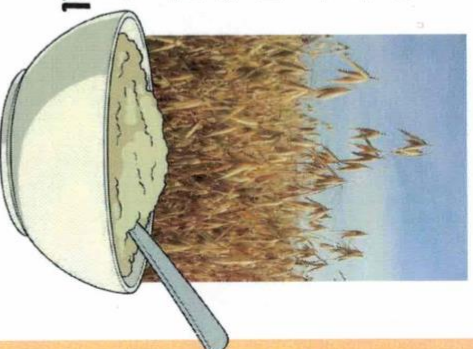
Useful Links for Further Learning: (please check to make sure these links are working each week)

<p>Mathematics</p> <p>Banana Bread recipe http://www.chefsatschool.org/news/fairtrade-fortnight</p>	<p>Literacy</p> <p>Fruit and Veg names https://greatgrubclub.com/a-z-fruit-veg</p> <p>Command Sentences https://www.bbc.co.uk/bitesize/topics/zrqqtfr/articles/z8strwx</p> <p>Tasty Tomatoes https://www.youtube.com/watch?v=PGoPGAR5OMw</p>
<p>Health and Wellbeing and PE</p> <p>The Claw Grip https://www.youtube.com/watch?v=wVJUD8SSQRA</p> <p>The Bridge Hold https://www.youtube.com/watch?v=uhNvNMOMBg8</p> <p>What's in Season? https://www.youtube.com/watch?v=HBqk3lOmPjk</p>	<p>Topic</p> <p>Science-Plant Obstacle Course http://www.planet-science.com/categories/experiments/biology/2011/06/make-a-plant-obstacle-course!.aspx</p> <p>Food Miles http://www.foodmiles.com/</p>

All About Porridge

What Is Porridge?

Porridge is a Scottish dish. It is made from porridge oats or oatmeal (ground oats), water and salt. Many people like to have it for breakfast, but porridge can be eaten at any time. There are lots of toppings you can have to make your porridge even tastier. You could try berries, honey, banana or even chocolate.



Where Do Porridge Oats and Oatmeal Come From?

Porridge in Scotland is made using oats. Oats are grown on farms all around Scotland. When oats are harvested, they are cleaned and the husk or shell on the outside is taken away. The oats are then dried before being ground into oatmeal or rolled into porridge oats.

Why Is Porridge Good for You?

Porridge made from oats is a very healthy choice. Porridge oats and oatmeal have no added sugar, salt or other chemicals. Oats give you energy. If you have a bowl of porridge for breakfast, you shouldn't feel hungry before lunch time. Oats are high in fibre. Fibre helps you digest food. Oats are said to help lower blood pressure, which is good for your heart. Oats contain vitamins and minerals to keep your body healthy.

Could You Be a Champion Porridge Maker?

Every year in a place called Carrbridge, in Scotland, the World Porridge Making Championships are held. This competition is held on World Porridge Day, 10th October. The champion porridge maker is given a special trophy shaped like a spurtle. A spurtle is a traditional wooden stirrer used to



All About Porridge

make porridge. The champion porridge maker only uses oatmeal, salt and water in their recipe. A special competition is also held where porridge can be made using other ingredients, but oatmeal is still the main ingredient. Porridge made with cheese, toffee and spicy meats have all been entered in this category.

Celebrity Porridge

You can read about porridge in fairy tales like The Magic Porridge Pot and Goldilocks and the Three Bears. In the story of Oliver Twist by Charles Dickens, Oliver asks for some more porridge. However, his porridge was not very tasty! It was called gruel. Robert Burns wrote about porridge in his poem The Cotter's Saturday Night. In the poem it is served as a simple evening meal. He describes it as chief of Scotland's food:

*But now the supper crowns their simple board,
The halesome parritch, chief o Scotias' food.*

Why don't you try making some porridge?



Questions

Read carefully and answer in sentences.

1. What is porridge made from?

2. What happens to oats after they are harvested?

3. If you had porridge for breakfast, how should you feel?

4. Why is the champion porridge maker given a trophy shaped like a spurtle?

5. Why do you think Robert Burns said porridge was chief of Scotland's food?

6. What ingredients would you use to make a special bowl of porridge?

what's your name?

Fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- A** jump up & down 10 times
- B** spin around in a circle 5 times
- C** hop on one foot 5 times
- D** run to the nearest door and run back
- E** walk like a bear for a count of 5
- F** do 3 cartwheels
- G** do 10 jumping jacks
- H** hop like a frog 8 times
- I** balance on your left foot for a count of 10
- J** balance on your right foot for a count of 10
- K** march like a toy soldier for a count of 12
- L** pretend to jump rope for a count of 20
- M** do 3 somersaults
- N** pick up a ball without using your hands
- O** walk backwards 50 steps and skip back
- P** walk sideways 20 steps and hop back
- Q** crawl like a crab for a count of 10
- R** walk like a bear for a count of 5
- S** bend down and touch your toes 20 times
- T** pretend to pedal a bike with your hands for a count of 17
- U** roll a ball using only your head
- V** flap your arms like a bird 25 times
- W** pretend to ride a horse for a count of 15
- X** try and touch the clouds for a count of 15
- Y** walk on your knees for a count of 10
- Z** do 10 push-ups