

Big Question: Where does our food come from?



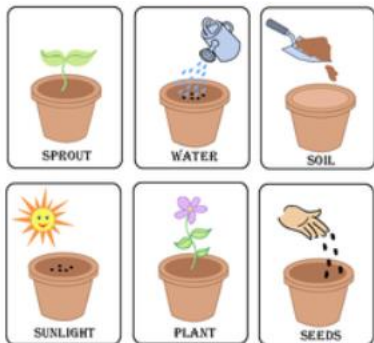
Whole School Challenge

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.

Writing - 'The Farmer Plants the Seeds'

Using 'The Farmer Plants the Seeds' song on this grid, draw a picture for each part of the process.

Now work with someone at home to write a sentence to explain what is happening at each part.
Are the pictures in the correct order?



How Flour is made

Watch this video and listen carefully to learn how flour is made:

<https://www.youtube.com/watch?v=y8vLjPctrU>

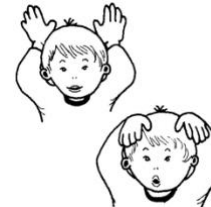
What foods in your kitchen can you find that contain flour?

Draw some pictures and label them with the names of the food you find.



Phonics

This week we'd like you to think about the 'ee' sound. Here is the action:



Put your hands on your head and flap them up and down like the ears of a donkey, saying **ee-yore, ee-yore**.

- Can you find any words with 'ee' in a book?
- Can you find any objects in your house which have 'ee' in them?
- You can listen to the 'ee' song: <https://www.youtube.com/watch?v=W57mT4x488A>

Follow the link below to blend some 'ee' words:

<https://www.youtube.com/watch?v=du3incU6Xc>

NEW Common words

Here are some new common words for you to learn:

- had
- see
- has

Write each common word in your jotter 3 times. Remember to position each letter correctly on the line and use finger spaces.

Now try to make your words. You can use something from the list below or your own idea:

- Raisins
- Beads
- Pebbles
- Pompoms
- Rice Crispies
- Buttons
- Stones

Odd or Even?

Have a go at this game to practise identifying odd and even numbers.

Remember that **odd** numbers end in **1,3,5,7**, or **9** and **even** numbers end in **0,2,4,6**, or **8**.

Coconut Odd or Even

<https://www.topmarks.co.uk/learning-to-count/coconut-odd-or-even>



Count on and Count back

Try this version of 'Helicopter Rescue' to help you to practise counting on (adding) and counting back (taking away)

Start doing this 'within the 10s' and then move onto 'across the 10s' as you get more confident.

You can choose to work with numbers up to 10 all the way up to 100.

<https://www.topmarks.co.uk/learning-to-count/helicopter-rescue>



Fruit Survey

Use tally marks to record your friends' favourite fruits. You can either print a copy of the grid below or create your own.








<https://www.sparklebox.co.uk/previews/7501-7525/sb7520-favourite-fruit-survey-worksheet.html>

Name: _____

Favourite Fruit Survey



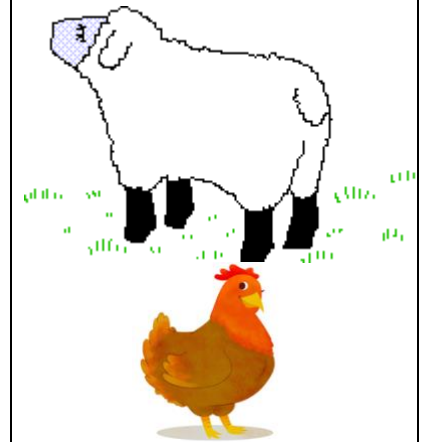
Use tally marks to record your friends' favourite fruits.

 apple	
 banana	
 peach	
 orange	
 strawberries	
 pear	
 grapes	
other	

Which fruit is the **most** popular?
Which fruit is the **least** popular?

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Problem-Solving



On a farm there were some hens and sheep.

Altogether there were 8 heads and 22 feet.

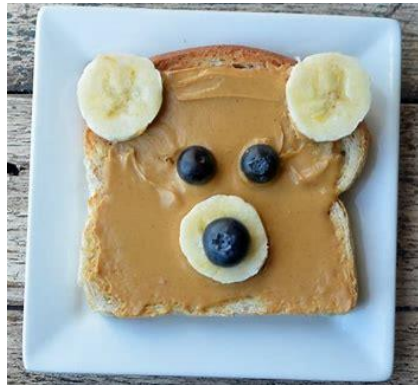
How many hens were there?

If you have some toy farm animals, you could use them to help you or ask an adult to draw some pictures to help you solve the problem!

Teddy Bear Toast

These teddy bear faces are fun and easy to make! Have a go at home, experiment with different healthy toppings and spreads.

Can you make a different animal on your toast?



'Plant the Bean' Dance

This song teaches you all about planting beans.

The challenge is to not only sing along but also to dance along using the different actions.

Once you know the words and the actions, try to keep up when it gets quicker and quicker!

Here's the link to the ["plant the bean" song](https://www.youtube.com/watch?v=LCKEdDer82k). We look forward to seeing your performance on Facebook. How quick can you sing and dance?



<https://www.youtube.com/watch?v=LCKEdDer82k>

Animal Walks

Are you ready for some animal walks? These movements will improve your gross motor skills, core strength, balance and agility. You can make your course longer as you get better!

Look at the last page of this grid for instructions about the tiger crawl, the snake slither, the duck walk, and the rabbit jump.

Which animal did you like doing the most?

Which animal did you find the hardest?

Who was the fastest in your household?!



Outdoor Challenge

Go for a walk and look at how all plants, flowers, stems, fruits and leaves are different. Collect some to compare but remember not to take any from people's gardens.

Take some photos of the different plants, flowers, stems, fruits and leaves that you've found and share them on your class' Facebook page if you want to.

You could also try to do some leaf rubbings by putting different leaves under a piece of paper and using the side of a crayon to rub back and forth to reveal the shapes and patterns of your leaves.



Planting Seeds

Collect seeds from fruit and vegetables that you eat. You could try peppers, apples, melon or tomatoes.

Plant these in some soil and watch to see what happens.

Remember to keep giving your seeds sunshine and water.

Can you record what is happening with drawings or measure your plants as they grow?



Food Grown around the world

Ask an adult to help you read labels on fresh fruit and vegetables.

Where have the foods been grown?

Can you find these places on a map?

Which foods do you think need to grow in a hot country?



The Farmer Plants the Seeds

Watch this video and see if you can sing along.

<https://www.youtube.com/watch?v=cRhG0dqWlIo>

Make an action for each thing that needs to happen for our food to grow:

- plant the seeds
- the sun comes out to shine
- the rain begins to fall
- the seeds begin to grow,
- the vegetables are here
- the farmer digs them up
- now it's time to eat – Yum! Yum!



Scottish Borders Field Picture

Use different line patterns to create a picture of fields in the Scottish Borders like this photograph.



Optional resources:

The following website has some excellent reading resources. When you open the website select 'Browse eBooks'. You can browse books by age or by 'Oxford Level'. Oxford Level 1, 1+, 2 or 3 will be suitable for P1. All the books are free to read, but once you've selected a book to read, you'll be asked to register before the book opens.

<https://home.oxfordowl.co.uk/>

Another website which offers reading materials is Epic. They offer a free subscription for 30 days and have a large selection of fiction and non-fiction.

<https://www.getepic.com/>

ANIMAL WALKS

Can you challenge someone at home to race in any of these positions?

TIGER CRAWL

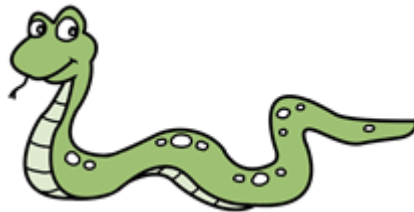
Move around on your hands and knees, keeping your body as low to the ground as possible.



Keep your head up as you move

SNAKE SLITHER

Lie on your tummy and move forward, keeping your body touching the floor.
Like an army crawl!



DUCK WALK

Squat down and walk around in that position!
Hold your arms out straight or bend them to make 'wings'!



RABBIT JUMP

Crouch down on hands and feet.
Jump forward, reaching with your hands in front of you.
Hands touch the ground first, then your feet.

