

## Venus Home Learning Grid: Week Beginning 15.06.20

### Where does our food come from?

We all have foods we enjoy eating, but have you ever stopped to think about where they come from? This week, you will be investigating how our food is made. You will be learning about how plants grow, what farming looks like in the borders and how food is grown around the world. There are also opportunities for you to design and grow your own! To get you started, here is a link you can use to see a farmer hard at work: <https://www.countrytrust.org.uk/webcam>

#### Visualising a Farm

Grains like wheat, barley and oats are grown in the Scottish Borders. The following video explains what farmers need to do to produce these foods: <https://www.youtube.com/watch?v=pGU1AOYkFnA>

Using the information from this video, create a visualiser which shows the steps required to grow wheat. Additionally, think about any other interesting facts about the process and the product.

**When we design a visualiser in class, we use an illustration to depict the scene. We then include facts from our books or videos. Where possible, you could try to follow the same format.**



#### Make Me a Plural!

Plurals are words that show that there is more than one of something. We can identify a plural by looking at the letters at the end. These words are often spelt with **s**, **es**, **ies** and **ves**. For example, *houses, lunches, cities and wolves are all plurals*. Below is a list of words all about food and farming. **Use the guide at the end of this document** to find some rules for using plural endings and then have a go at turning these into plurals.

|            |           |
|------------|-----------|
| potato     | tractor   |
| calf       | sandwich  |
| tomato     | raspberry |
| blueberry  | scarecrow |
| strawberry | hoof      |

**Answers are provided on this week's answer sheet.**

#### Super Synonyms

Synonyms are important for expanding vocabulary and improving written skills. These are words or phrases that mean the same as other words or phrases. For example, synonyms for the word **big** could be **large, huge or enormous**. In the table below you will find a list of words:

|       |       |
|-------|-------|
| nice  | small |
| happy | cold  |
| noisy | sad   |
| old   | plain |
| quiet | good  |

Write these down in your jotter and try to find as many synonyms as you can.

**Use the internet or a thesaurus to help you.**

#### Scotland's Farming Year

Please watch this short video about the tasks undertaken by Scottish farmers during spring: <https://www.youtube.com/watch?v=MYxly-hiGbM>

As you watch the video, take some notes under the following headings:

- ✓ Things you already knew
- ✓ Things that surprised you
- ✓ Things you would like to learn more about

When you have gathered some information, why not create a poster about Scottish farming? What tasks are farmers responsible for? What are their working hours like? What facts have you learned?



## Food Miles

Watch the following video about food miles and the journey a Big Mac makes:

<https://www.youtube.com/watch?v=c0mUV4zz9E4>

Read the labelling on food in your house to find out where products have been grown. Can you work out how far the items have travelled? You could calculate food miles of items in your fridge, use the internet to work out the distance items have travelled and calculate a total. **If you need some help, you could look at the calculation that has been done for a Big Mac.**



## Farm Shop Food

Here is a list of prices for a farm shop  
Use them to answer the questions below

|                   |                            |
|-------------------|----------------------------|
| Box of small eggs | £2 per dozen (12 eggs)     |
| Duck eggs         | £2.20 per ½ dozen (6 eggs) |
| Unsmoked bacon    | £1.85 per 200g             |
| Mature red cheese | £12 per kg                 |
| Turkey breast     | £2.20 per 100g             |
| Steak pie         | £7                         |
| Beef burgers      | £9 per kg                  |

1. Count out 3 different ways to buy a box of small eggs.

2. How much would 200g of turkey breast cost? Can you count out the money you would need to pay for this?

3. If you have £10 and bought a steak pie, how much change would you get back?



Answers are provided on this week's answer sheet.

## Get Cooking

It's time to get cooking! Find a recipe of something you are keen to make at home. **You may need an adult to help you.** Weigh each ingredient using scales and make a note of each of the items in your jotter. Add the cooking time to the current time to work out when it will be ready. Then when it's ready, sit back and enjoy the taste test!



## How Much Did It Cost?

Dan bought a packet of crisps and an ice cream. The total cost is in one of the boxes below.

|       |       |       |       |       |       |
|-------|-------|-------|-------|-------|-------|
| £1.85 | 75p   | £1.74 | £2.25 | £1    | £1.56 |
| £2.10 | 80p   | £1.80 | £3.06 | £1.44 | £1.50 |
| £1.60 | £1.25 | £1.20 | 90p   | £1.45 | £1.27 |

Use these clues to find out how much he paid.

1. You need more than three coins to make this amount.
2. There would be change when using the most valuable coin to buy them.
3. The crisps cost more than 50p.
4. You could pay without using any copper coins.
5. The ice cream costs exactly twice as much as the crisps.

Answer is provided on this week's answer sheet.

### Master Chef

Create your own dream gourmet burger online! This website provides helpful hints and tips and allows you to choose your own ingredients:

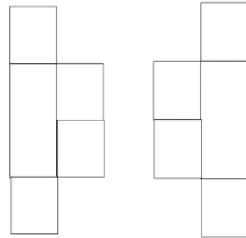
<https://burgerbuilder.ahdb.org.uk/>

You can then generate a customised recipe at the end to cook with your family. Sharpen your chopping, peeling and grating skills and learn a little more about food hygiene!



### Copycat

This game will help to improve your motor skills, co-ordination, sequencing and memory. Using tape, cones or paper, use an open space to create two box systems facing each other.



You will work in one box and a family member will work in the other. Decide who is the leader and who is the follower. The leader will create a series of jumps using the boxes. They can go forwards, backwards or sideways, but must always finish in the same box they started. The follower must remember the sequence and try to recreate it. They can only ask the leader to repeat it once. Challenge yourselves by creating longer or faster patterns!

### Daily Fitness Challenges

#### Daily Fitness Challenge for Kids

o•e, o•e, o•e, o•e, o•e, o•e, o•e, o•e, o•e, o•e, o•e, o•e

- |                        |                        |
|------------------------|------------------------|
| A: 10 Jumping Jacks    | N: 4 Lunges            |
| B: 30 Second Plank     | O: 3 Burpees           |
| C: Crab Walk           | P: 10 Second Butterfly |
| D: 10 Push Ups         | Q: Run in Place 1 Min  |
| E: 10 Sit Ups          | R: 7 Jumping Jacks     |
| F: 5 Cartwheels        | S: 4 Leg Kicks         |
| G: Headstand           | T: 5 Sit Ups           |
| H: 4 Somersaults       | U: 15 Second Plank     |
| I: Duck Walk           | V: 3 Cartwheels        |
| J: Jump In Air 5 Times | W: Crab Walk           |
| K: Touch Toes 6 Times  | X: 2 Somersaults       |
| L: Spin Around 3 Times | Y: 5 Lunges            |
| M: 10 Leg Kicks        | Z: Duck Walk           |

Spell each day of the week for a daily workout!

o•e, o•e, o•e, o•e, o•e, o•e, o•e, o•e, o•e, o•e, o•e, o•e

Why not have a go at these daily fitness challenges? Pick as many as you like or use the letters to spell words and create your own workout!

***A larger template can be found at the end of this document.***

### Grow Your Own

Have a go at growing your own plant outside! Take a tomato and cut it into thin slices. Plant these slices in soil and keep them on a sunny windowsill.

***Remember to keep watering them.*** Observe them over time and record the changes you see every day. Measure the stems and keep a note of these. How long did it take for you to see any growth or noticeable differences?



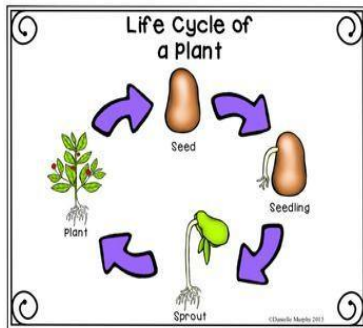
## Life Cycle of a Plant

Research the life cycle of your favourite edible plant. This might be carrots, broccoli or even apples! How does it look at the different stages of the cycle? Think about these phases:

- ✓ Seeds
- ✓ Seedlings
- ✓ Flowerings
- ✓ Growing fruits

How is the seed dispersed so that the cycle can start again? Can you show the lifecycle of the plant by creating a diagram or a video? Perhaps you could try a simple animation! If you are interested in creating something like this, the following video might provide some useful ideas:

<https://www.youtube.com/watch?v=RIZhv7AckXE>



## Farm to Fork

**Investigate** foods that are available or 'in season' at different times of the year. What can you find out? What foods are local to your area? **Prepare** a dish using as many of these fresh, local, sustainable ingredients as possible. **Map** the sources of the items you are using. Then work out the journey these foods have made. How many places do you think they stopped? How far did they travel to get to your home? Add up the miles it took to get these items from 'farm to fork.'



## Rainbow Animals

Steven Brown is a Scottish artist, who is renowned for his rainbow paintings of highland cows. These images have become iconic to Scotland and many of us are familiar with his work. Have a look at one of his famous 'Highland Cow' paintings below:



If you were to create an image of any animal, what would it be? Using a blank piece of paper and art supplies you have at home can you design a picture like this? How would you use colour to create rainbow designs of other animals farmed in Scotland?

## 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 or 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. Use a map or atlas to find out the 'food miles' the different ingredients have travelled. Investigate which foods have travelled the furthest. Take a picture and share your creation with us by email or by posting on the Facebook page. Then enjoy eating your fresh and tasty 'Rainbow Food!'





## Useful Websites

|   |  |
|---|--|
| <p><b>Numeracy and Maths:</b><br/> <a href="https://www.topmarks.co.uk/">https://www.topmarks.co.uk/</a><br/> <a href="https://pages.sumdog.com/">https://pages.sumdog.com/</a><br/> <a href="https://mathsframe.co.uk/en/resources/category/22/most-popular">https://mathsframe.co.uk/en/resources/category/22/most-popular</a><br/> <a href="http://www.maths-games.org/">http://www.maths-games.org/</a><br/> <a href="https://login.mathletics.com/">https://login.mathletics.com/</a></p>  | <p><b>Literacy:</b><br/> <a href="https://www.literacyshed.com/home.html">https://www.literacyshed.com/home.html</a><br/> <a href="https://www.topmarks.co.uk/english-games/7-11-years/spelling-and-grammar">https://www.topmarks.co.uk/english-games/7-11-years/spelling-and-grammar</a><br/> <a href="https://www.doorwayonline.org.uk/literacy/">https://www.doorwayonline.org.uk/literacy/</a><br/> <a href="https://www.getepic.com/">https://www.getepic.com/</a></p>  |
| <p><b>Health and Wellbeing/P.E:</b><br/>         (Joe Wicks PE) -<br/> <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a><br/>         (Just Dance for kids) -<br/> <a href="https://www.youtube.com/resultssearch_query=just+dance+kids">https://www.youtube.com/resultssearch_query=just+dance+kids</a><br/> <a href="http://www.gonoodle.com">www.gonoodle.com</a><br/> <a href="https://www.youtube.com/results?search_query=cosmic+kids+yoga">https://www.youtube.com/results?search_query=cosmic+kids+yoga</a><br/> <a href="https://www.bbc.co.uk/teach/supermovers">https://www.bbc.co.uk/teach/supermovers</a><br/> <a href="https://www.nhs.uk/change4life/activities">https://www.nhs.uk/change4life/activities</a></p> | <p><b>Social Studies:</b><br/> <a href="https://www.natgeokids.com/uk/">https://www.natgeokids.com/uk/</a></p> <p><b>Expressive Arts:</b><br/> <a href="https://artprojectsforkids.org/">https://artprojectsforkids.org/</a></p>   |
| <p><b>Science:</b><br/> <a href="https://www.britishscienceweek.org/plan-your-activities/activity-packs/?gclid=CjwKCAjwsMzzBRACEiwAx4ILG8_zT4qImYI4UJfsRSgopbmELVOgfmo-9fYZ88SJEJ3QeEMP67LSDxoCzIsQAvD_BwE">https://www.britishscienceweek.org/plan-your-activities/activity-packs/?gclid=CjwKCAjwsMzzBRACEiwAx4ILG8_zT4qImYI4UJfsRSgopbmELVOgfmo-9fYZ88SJEJ3QeEMP67LSDxoCzIsQAvD_BwE</a><br/>         (Learning with Lego)-<br/> <a href="https://www.legofoundation.com/en/learn-how/play-tips/">https://www.legofoundation.com/en/learn-how/play-tips/</a></p>   | <p><b>Ideas to help you tackle the BIG question:</b><br/>         (Farming in Southern Uplands)-<br/> <a href="https://www.bbc.co.uk/bitesize/clips/ztnjpv4">https://www.bbc.co.uk/bitesize/clips/ztnjpv4</a><br/> <a href="https://www.foodafactoflife.org.uk/">https://www.foodafactoflife.org.uk/</a><br/> <a href="https://www.youtube.com/user/EatHappyProject">https://www.youtube.com/user/EatHappyProject</a><br/> <a href="https://www.youtube.com/user/rhetinfo">https://www.youtube.com/user/rhetinfo</a><br/>         (Make your own toys from milk)-<br/> <a href="https://www.steampoweredfamily.com/activities/make-plastic-from-milk/">https://www.steampoweredfamily.com/activities/make-plastic-from-milk/</a></p> |

# Daily Fitness Challenge for Kids



- |                        |                        |
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## 8 Plural Noun Rules

1. Add s to form the plural of most nouns

Example:  
girl → girls  
apple → apples



2. Add es to nouns that end in ch, sh, s, x, or z

Example:  
bench → benches  
dish → dishes  
bus → buses  
box → boxes  
quiz → quizzes

3. For nouns that end in y with a *consonant* before the y, change the y to i and add es

Example:  
candy → candies  
puppy → puppies



4. For nouns that end in y with a *vowel* before the y, just add s

Example:  
toy → toys  
monkey → monkeys

5. For nouns that end in f or fe, drop the f or fe and add ves

Example:  
loaf → loaves  
knife → knives



6. For nouns that end with a *consonant* before an o add es

Example:  
potato → potatoes  
tomato → tomatoes

7. Some nouns, change the spelling of the singular noun

Example:  
child → children  
mouse → mice

8. Some nouns, use the same singular and plural form

Example:  
fish → fish  
deer → deer