



Driving Question:

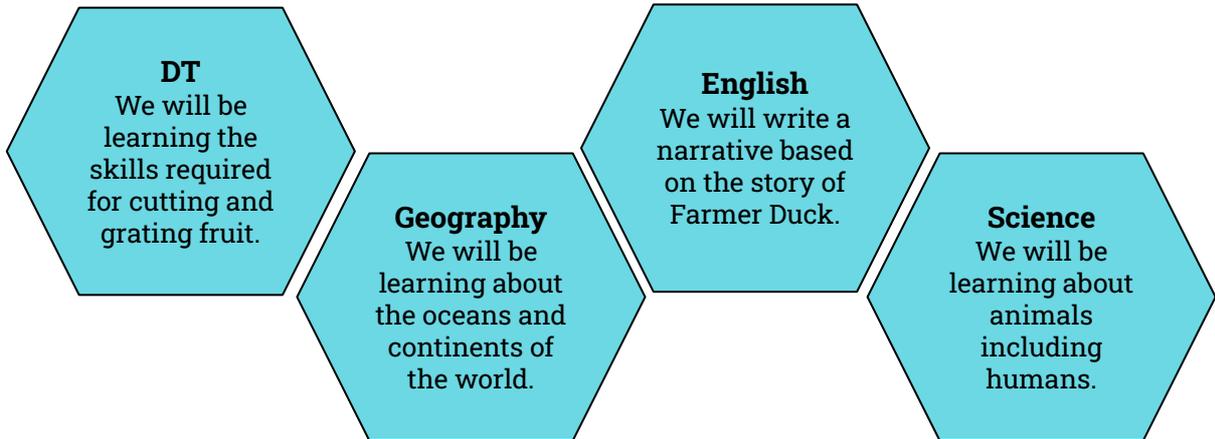
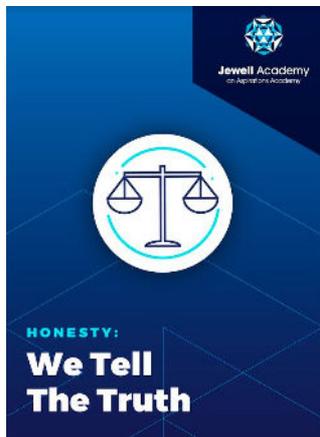
How can we, as nutritionists, create a healthy lunch box?

Launch:

To launch our topic, we will be designing what we think is needed in a healthy lunchbox. We will also be visiting a local farm to see where our food comes from.

Overview:

In our new topic, we will be considering how to make healthy food choices. We will be talking about what is required for a healthy and balanced diet. We will also discover where our food comes from and how it travels from farm to fork.



Vocabulary:

- farm
- food
- crops
- animal
- tractor
- organic
- healthy
- country
- ocean
- continent
- harvest
- field

Learning conversations to have at home:

Discuss with your child what food they think you have in your cupboards at home. Where did you buy them? Where did the food come from originally? Discuss the journey of the food from farm to fork.

Bread starts its journey as wheat grown in a farmer's field. It is gathered using a machine called a combine harvester. The wheat is then transported to a factory where it is ground into a smooth flour. Flour is then mixed with water and yeast to make dough for bread which once baked is then transported to the supermarket for people to buy!

Topic Home learning:

Design and create a healthy lunch box. You could do this by making a collage or making the lunch box and taking a photo. You could even bring your lunch box in to school to eat.

Please use this as an opportunity to look at healthy eating options with your child.



Future Careers:

We will visit a farm and find out the hard work that goes into looking after crops and animals to ensure that it makes it to our plates.

Landing:

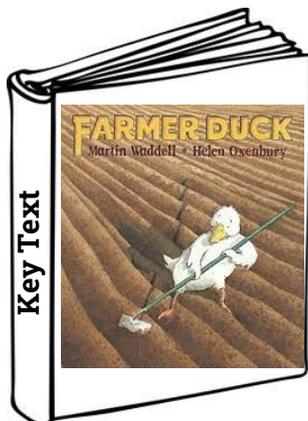
We will create a healthy picnic for our families to come and share with us.

Reading

This term our first key text is 'Farmer Duck' by Martin Waddell. This is a book about a hardworking duck that gets rescued from a lazy farmer.

In the story the duck only says "Quack". What do you think he might be saying?

How do you think the duck feels about the farmer making him do all the work?



What is your favourite part of the story?

Resilience is a Jewell Academy Learning Skill. Do you think the duck is resilient and why?

English

- ★ We will be creating a story map for 'Farmer Duck'.
- ★ We will write a fact file about a continent
- ★ We will be writing a recount of our trip to 'Nick's Farm'.

How can you help at home?

- Read with your child 5 times a week.
- Ask your child to recount their trip to the farm - can they order events?
- Ask your child to tell you facts about a [continent they have learnt about](#).

Maths

- ★ Place Value (within 20)
- ★ [Addition and Subtraction \(within 20\)](#)

How can you help at home?

- Practice counting forwards and backwards to 20 using objects around the house.
- Show your child two groups of objects and ask them to combine them and find how many.

Science

We are learning how to classify different types of animals including humans.

Geography

We are learning about countries of [the UK](#), oceans and continents of the world.

PSHE

We are learning all about 'Dreams and Goals' and will be considering our own.

Computing

We are learning about e-safety and starting to look at coding and algorithms.

Forest School

We are learning about animal classification and will be building a structure for the three little pigs.

Music

We are learning about different types of music through our unit 'In the Groove'.

Design and Technology

We will be learning the skills required for cutting and grating fruit.

Physical Education

We are learning about different ball skills we need in games and will be learning a short dance.

French

We are learning how to [say the names of animals](#) in French.

Religious Education

We will be learning about [Christians](#) and Jesus as a friend.

Dates for the diary

Nick's Farm Trip- Date TBC