Year 5 weekly timetable - Monday 27th April 2020

Morning routine Morning ro	ıy			
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11.30am Lunch Lunch Lunch Lunch Lunch				
12.30pm ERIC ERIC ERIC ERIC ERIC				
12.50pm Joe Wicks workout				
https://www.youtube.com/watch?v=d3L https://www.youtube.com/watch?v=d3LP https://www.				
OR ANY workout of your choice				
1.20pm Geography themed Week				
Before you finish your breakfast you may have depended on half of the world!				
Let's Find out together.				
Web link for the week - https://www.bbc.co.uk/bitesize/topics/z3crd2p				
Extra interesting clip to watch – Handwashing https://www.bbc.co.uk/bitesize/clips/z78b4wx				

Go to your cupboards and have a look at where the food you have comes from originally. Look for 'Country of Origin' Make a list of the foods and where they came from. Now select 4 different foods, find out how far they have travelled to get to the UK, research how they were transported and think about why they were imported to this country instead of grown here. What is special about the country they are grown in?

LO: To understand how different food is produced in different areas of the world. (DT) LO: To locate the world's continents/countries. (Geography)

Watch Healthy Eating and Nutrition clips,

https://www.bbc.co.uk/bitesize/topics/z4d82hv/resources/1

With your parents or carers talk about what food you are going to eat for the next few days.

Is it possible for you to help in the preparation of some of the food you are going to eat?

Activity 1 - for 1 meal each day (you can choose which meal it is) we want you to do the following: -

- 1. Look at or find out what countries the ingredients have come from and write the one that has come from the furthest away.
- 2. While you are helping, talk about the processes you are using cutting, spreading, chopping, mixing, baking, frying, etc.
- 3. Think about the changes you have made to the food If it is cooked how has the texture changed? Could you eat the food raw or does it have to be cooked? Reversible and irreversible changes (Science link) e.g. toast is irreversible water to ice is reversible. Nice link https://www.bbc.co.uk/bitesize/topics/zcvv4wx/articles/z9brcwx
- 4. Write down all that you have found out about the food you eat, you can take photos and email them to us, but remember not to include yourself or any other adults. How many food miles has it taken to bring these ingredients to you?

Activity 2 - Thinking about what you have eaten this week, create a pie chart to show how much of each food group you have eaten.

Activity 3 - Then design a poster to promote healthy eating.

The Balanced Plate

Fats Ment fish
and beans
and beans
darry

Breed and
cereals

Fruits and
regetables

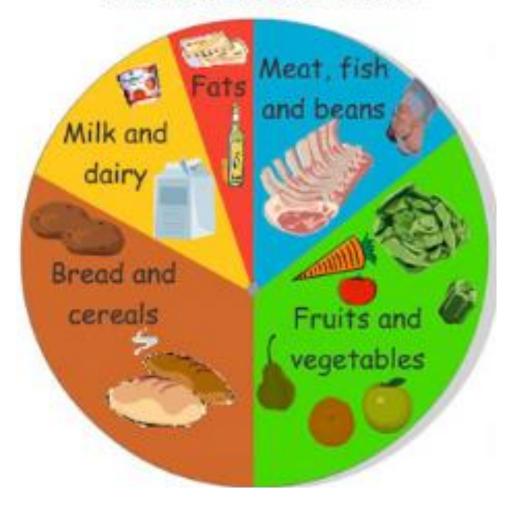
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	2.40pm	Newsround	Newsround	Newsround	Newsround	Newsround
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		Send an email to your class teacher	Send an email to your class teacher	Send an email to your class teacher	Send an email to your class teacher	Send an email to your class teacher
	3.15pm	End of school day – don't forget	End of school day – don't forget that	End of school day – don't forget that	End of school day – don't forget that	End of school day – don't forget that
		that you should still read your	you should still read your home			
		home reader to your parents/	reader to your parents/ carers			
		carers				

IT issues? – please email ict@rydersgreen.sandwell.sch.uk							
Mrs Bayley- Kitts	sharon.bayley-kitts@rydersgreen.sandwell.sch.uk	Mrs Chahal	taranjeet.chahal@rydersgreen.sandwell.sch.uk				
Miss Richards	denise.richards@rydersgreen.sandwell.sch.uk	Mrs Humphries	trudy.humphries@rydersgreen.sandwell.sch.uk				
Miss Fenton	gail.fenton@rydersgreen.sandwell.sch.uk	Miss Hollyoake	kelly.hollyoake@rydersgreen.sandwell.sch.uk				

The Balanced Plate



Milk and dairy foods:

Includes milk, shakes, cheese, and yoghurt and fromage frais but does not include eggs.

Eat these in moderation - two or three portions a day. These foods provide us with calcium, zinc and vitamins. Lower fat versions such as skimmed milk can be a good choice.

