

Year 5
Home Learning 7

Here are some topics which you can work from at home. All work can be recorded in a way you choose.
The theme for this week is **Healthy body and mind**

Each day we put a 'Word of the Day' on the grid below. See if you can:

- *Find the definition*
- *Use the word in a sentence*
- *List any synonyms*
- *List any antonyms*
- *Use the word in a different context*
- *Use an image to represent the word - be creative!*

Please keep looking on your online resources whenever you get the opportunity they are:

- MyMaths
- TT Rockstars
- Spelling Shed

Also, remember to read daily, this will help with your English skills.

Website of the Week:

<https://nrich.maths.org/primary>

A website full of mathematical games!

Please check below your home learning grids for attached activities.

Monday

Word of the Day – frequently

English

Reading and Research

You are going to create your own healthy recipe book to ensure you keep not just your body happy but your mind too!

- Talk to your family or friends (it might be good to call a relative or friend you haven't spoken to for a while this will help with your and their mental health) see if they have any recipes that have been handed down through generations.
 - Research a balanced diet chart to see what is good for your body.
 - Look at what other chefs are cooking. Do you have a recipe book at home from a particular chef you like? There are plenty of cookery programmes on TV, see if you can take inspiration from them.
 - Think about your layout, what order will your book be in?
 - Think about your audience this is for you and your family think about things they and you would like to eat.
- Please complete the comprehension attached.

Maths

Please see below for activities. Complete one each day.

You also have MyMaths and TT Rockstars work.

This website is also great and gives you daily activities revising all of the things you have learnt in Year 5. You could use them as daily starters.
<https://myminimaths.co.uk/year-5-mini-maths/>

Also, don't forget the fantastic resources on the new BBC Bitesize website. Just click on Year 5 and it is full of exciting activities not just for maths but for all subjects.
<https://www.bbc.co.uk/bitesize/tags/zhgppg8/year-5-and-p6-lessons/1>



Extension task –

You have an imaginary budget of £75 to spend to create your healthy recipe book. Look on a supermarket website and total up what food you can buy with that budget.

Physical

Create an exercise circuit in your garden using house hold objects, spend 30 seconds on each activity.

Make sure you warm up and cool down to ensure you don't injure yourself.

Get your family members involved. Who can go round the most times? Record what you might think may effect performance? Are they younger or older than you? Were the objects too heavy for them? How could you adapt the circuit to make it suitable for them next time?

Science

Is too much salt good for our bodies?

Experiment –

Fill two small bowls with water and mix salt into one of the bowls. Label both bowls so you know which one has the salty water. Cut a potato in half and place each half into a bowl with the cut side down. Leave for about 30 minutes and record what happens.

Creative

Draw your own food pyramid.

A food pyramid is a great way to teach people about healthy eating. Use the information you have read in your comprehension to advise on foods to eat and portion sizes. Remember the foods you should eat most of are at the bottom of the pyramid.

Tuesday	Word of the day – sufficient	<p style="text-align: center;">SPaG</p> <p>Complete the SPaG activity attached.</p> <p>Please complete the activities on Spelling Shed.</p>	<p>Extension task – Convert the measurements in your recipe book from imperial to metric/ metric to imperial.</p>	<p>Do some Yoga – Cosmic Kids YouTube channel has some great Yoga sessions.</p> <p>https://www.youtube.com/results?search_query=cosmic+kids+yoga</p>	<p>effect our teeth?</p> <p>Experiment- See the effects drinks have on your teeth. Fill one cup with water, one with milk, one with fizzy drink and one with fruit juice. Place an egg inside each one and leave for 24hours. Record your findings.</p>	<p>Have any photos that aren't framed or just lying around?</p> <p>Create your own photo album. Write a little caption underneath about what's going on in the photo. Was it a great day out?</p> <p>Looking through old photos could have a positive effect on your mood or make you think about places you might want to revisit in the future.</p> <p>If you can't find any photos why not draw your own from memory? Label with a description.</p>
Wednesday	Word of the Day – opportunity	<p style="text-align: center;">Writing Day</p> <p>Healthy body – Start writing up your recipe book. Again, think about the layout use your knowledge on instruction writing. Can you add step by step illustrations to make it easier for your reader?</p> <p>Healthy mind- Keep a diary on your day to day life, at the end of each day write 3 things that you were grateful for that day.</p> <p>Extension – Write a poem titled 'What makes me happy and healthy'</p>	<p>Extension task – Draw up a balanced diet pie chart, including percentages and stick it on your fridge.</p>	<p>Do some meditation – Youtube have some great meditation sessions.</p>	<p>Does what we eat effect our mood?</p> <p>The sweet swap. Swap all bad treats for a day to healthy ones and record how you feel at the end of the day. Do you feel more positive?</p> <p>Add your feelings to your daily diary.</p> <p>If you did the sweet swap every day how do you think you would feel?</p>	<p>Design a colourful front cover for your recipe book.</p> <p>Think about making it bright and colourful to attract your reader. You could do a drawing of yourself on the cover?</p>

<p style="text-align: center;">Thursday</p>	<p style="text-align: center;">Word of the Day - equipped</p>	<p style="text-align: center;">Writing Day <i>(This can be spread over 2 days)</i></p> <p>Write a persuasive letter outlining why fast food adverts should be banned on TV.</p> <p>Use thesauruses and dictionaries to try to collect rich and ambitious vocabulary.</p> <p>Remember you are writing a persuasive letter.</p> <p>Use this checklist as a guide.</p> <p>Introduction – state your argument</p> <p>Use statements such as: Some believe that... In my opinion... Therefore... For this reason... I feel that... Surely... I am sure that... It is certain...</p> <p>Give reasons for and against</p> <p>Ask questions to get the reader thinking.</p>	<p>Set up a mini sports day for you and your family. You could even create medals?</p>	<p>Time to relax...</p> <p>Make some homemade bath bombs.</p> <p>The BBC have good instructions on how to make them.</p> <p>https://www.bbcgoodfood.com/howto/guide/how-make-bath-bomb</p>	<p>Create a colourful healthy eating poster for to accompany your persuasive writing.</p> <p>This may be good for younger audiences who cannot read all that you have wrote. Good way to get the message out!</p>
		<p style="text-align: center;">Friday</p>	<p style="text-align: center;">Word of the Day - variety</p>	<p style="text-align: center;">Spelling Day</p> <p>Choose 10 different Year 5 spelling words and write a paragraph which includes them all.</p> <p>Can your paragraph have a Healthy body and/or mind theme?</p> <p>Log on to Spelling Shed and complete this week's activities.</p>	<p>Complete the circuit you did at the start of the week again. Adapt it so that it is suitable for everyone taking part.</p>

Comprehension

Food keeps us healthy and helps us grow. Food provides us with energy to be able to function throughout the day. By eating a balanced diet, your body obtains the fuel and nutrients it needs to function properly. Your body needs minerals to make hormones, build bones and regulate your heartbeat. Water flushes out toxins, transports nutrients to cells and performs other vital bodily processes.

Carbohydrates

Bread, rice and potatoes are examples of carbohydrate rich foods. These foods give us plenty of energy. You should try and eat a lot of carbohydrates each day. As well as energy, carbohydrates provide us with fibre, iron, B vitamins and calcium.

Fruit and Vegetables

Fruit and vegetables provide us with vitamins and minerals essential for keeping us healthy as well as fibre which is important for digestion. A diet high in fibre can also reduce your risk of heart disease, stroke and some cancers. Try to eat at least five portions of fruit and vegetables a day. Remember that potatoes do not count as a portion of vegetables.



Dairy

1. Dairy products are great sources of protein and calcium and are found in milk, cheese and yogurt. Protein helps our bodies to grow or repair themselves. Protein builds, maintains, and replaces the tissues in your body. Your muscles, organs, and immune system are made up mostly of protein. Calcium helps to keep our bones and teeth strong. We should eat between two or three portions of dairy foods a day.

Meat, Fish, Eggs and Beans

These foods are a good source of protein, vitamins and minerals in your diet. These foods help the body to grow and repair itself and keep hair, skin, muscles and nails strong. We should eat some of these foods a day.

Foods High in Fats and Sugar

These foods provide the body with energy, warmth and insulation around vital organs. Too much fat in your diet can raise cholesterol, which increases the risk of heart disease. A small amount of fat is part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3 because the body can't make them itself. Fat helps the body absorb vitamins A, D and E.

To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

Questions

1. Why is a balanced diet important?

2. What is the function of protein?

3. Can you give examples of foods that we should try and avoid eating excessive amounts of? Why should we limit our intake of these foods?

4. Chose the word closest in meaning to the underlined word.

With a balanced diet, your body obtains the fuel and nutrients it needs to function properly.

a) rest

b) work

c) eat

d) healthy

5. Fruit and vegetables provide us with vitamins and minerals essential for keeping us healthy.

a) Necessary

b) optional

c) excellent

d) extra

SPaG activity

Rewrite this passage using capital letters, commas and full stops.

healthy eating is vital for a healthy body many people eat too much unhealthy food like readymade meals sweets and chocolates instead people should eat more fruit and vegetables fruit is an ideal snack because it tastes sweet it is easy to take with you and is very good for your body

Face mask recipes

Egg face mask –

Eggs are actually good for your skin. All you need is one raw egg to create a facial. Crack egg into bowl and whip several seconds. Brush or dab raw egg over face and let sit until hardens. Rinse with warm water

Avocado and egg mask-

1. one half avocado
2. teaspoon milk
3. 1 egg yolk

Blend avocado, milk and egg yolk together. Apply to face for 5-8 minutes. Rinse with warm water. Makes enough for 2-3 people or save the leftovers in the fridge for no more than 1 week.

Banana mask-

In a small bowl, mash a banana. Spread on face and leave on for several minutes. Rinse with warm water.

Apple Honey mask-

Core and peel one apple. Cut in pieces and puree. Stir in 2 Tablespoons honey. Mixture will be lumpy. Rub liquid over face and let sit for 5 minutes. Rinse with warm water.

Maths Activities

Monday

Use each digit card once to write a multiplication.

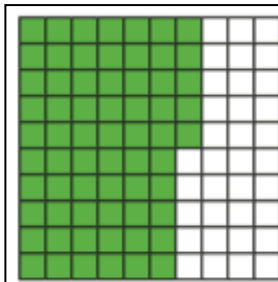


$$\square \times \square = \square$$

How many different answers can you find?

How many products are there between 1,000 and 1,500?

Tuesday



There are parts out of a hundred shaded.

This is %.

Aisha and Brett have been selling tickets for the school play.

There are 100 seats available.

- On Monday they sold 34% of the tickets.
- On Tuesday they sold 42 tickets.
- By the end of Wednesday, 95% of the tickets had been sold.

How many tickets did they sell on Wednesday?

On Wednesday they sold tickets.

Dexter has £1 to spend.

He buys some stickers.

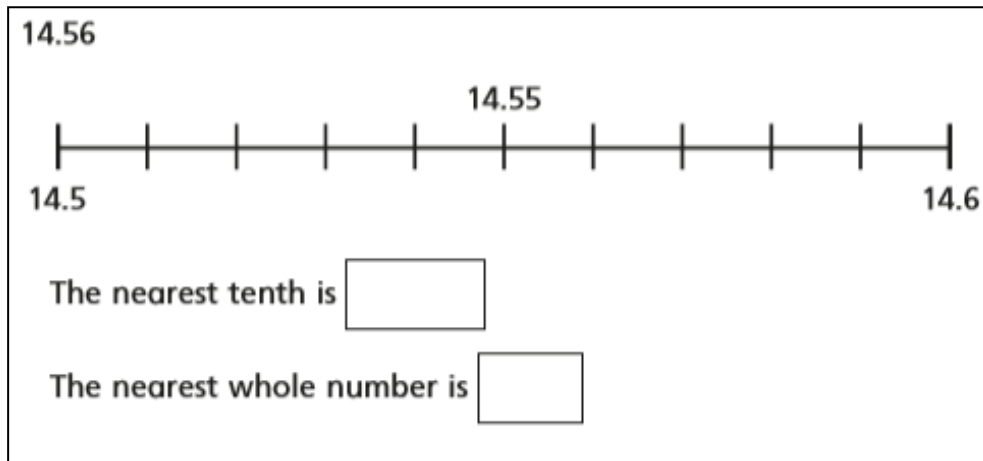
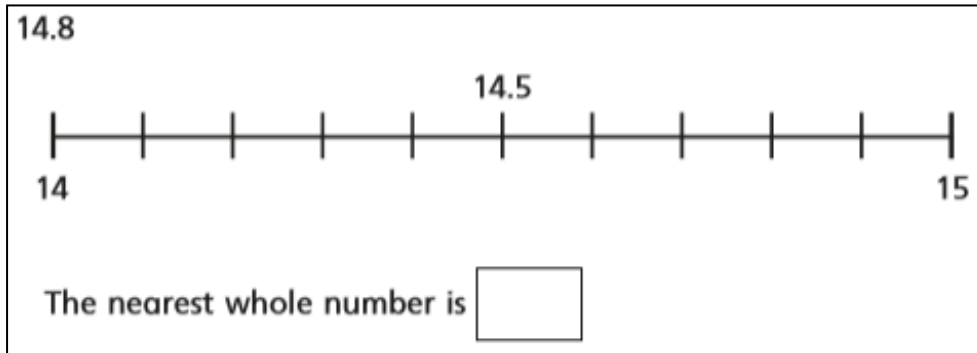
I got 35p change.



What percentage of his money did Dexter spend?

%

Wednesday



Round each number to one decimal place.

1.33	<input type="text"/>	4.03	<input type="text"/>
1.34	<input type="text"/>	4.04	<input type="text"/>
1.35	<input type="text"/>	4.05	<input type="text"/>
1.36	<input type="text"/>	4.06	<input type="text"/>
1.37	<input type="text"/>	4.07	<input type="text"/>

Round each number to the nearest tenth.

a) 4.21	<input type="text"/>	d) 11.86	<input type="text"/>
b) 8.09	<input type="text"/>	e) 5.67	<input type="text"/>
c) 4.84	<input type="text"/>	f) 0.15	<input type="text"/>

Amir is thinking of a number.

Rounded to the nearest whole his number is 5

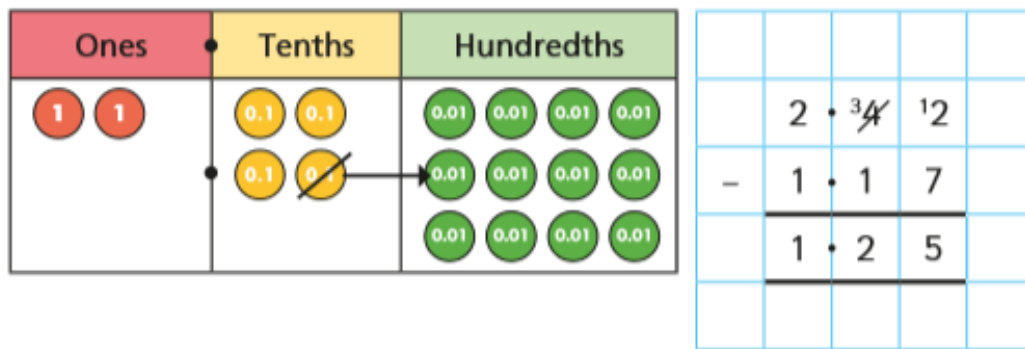
Rounded to the nearest tenth his number is 4.8

Write at least four different numbers that Amir could be thinking of.

Thursday

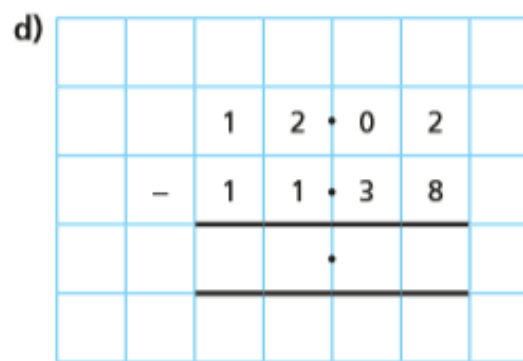
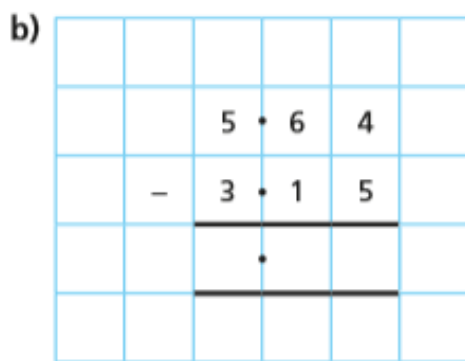
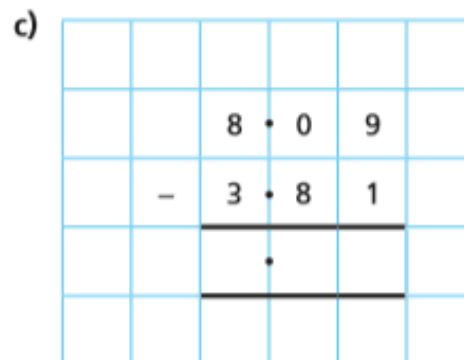
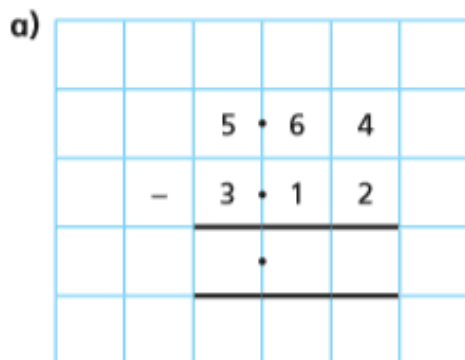
Annie is calculating $2.42 - 1.17$ using the column method.

She uses a place value chart to help her.

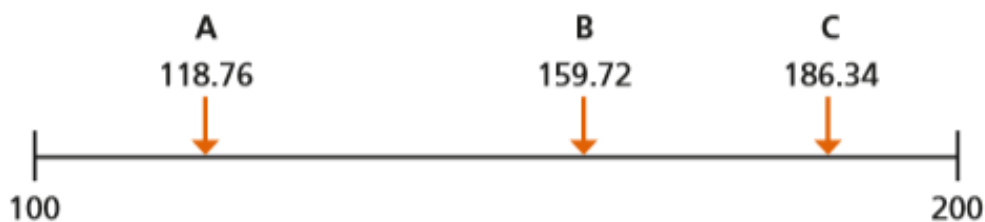


How does the place value chart support the column method?

Complete the column subtractions.

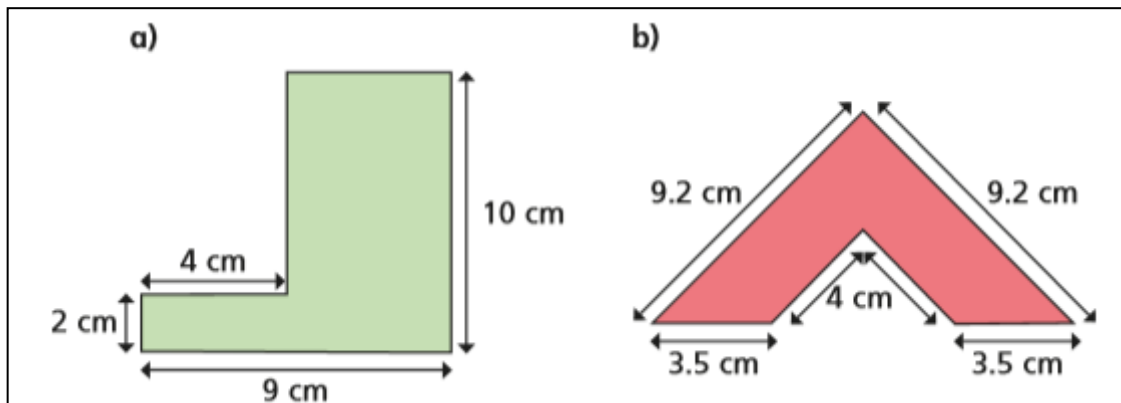
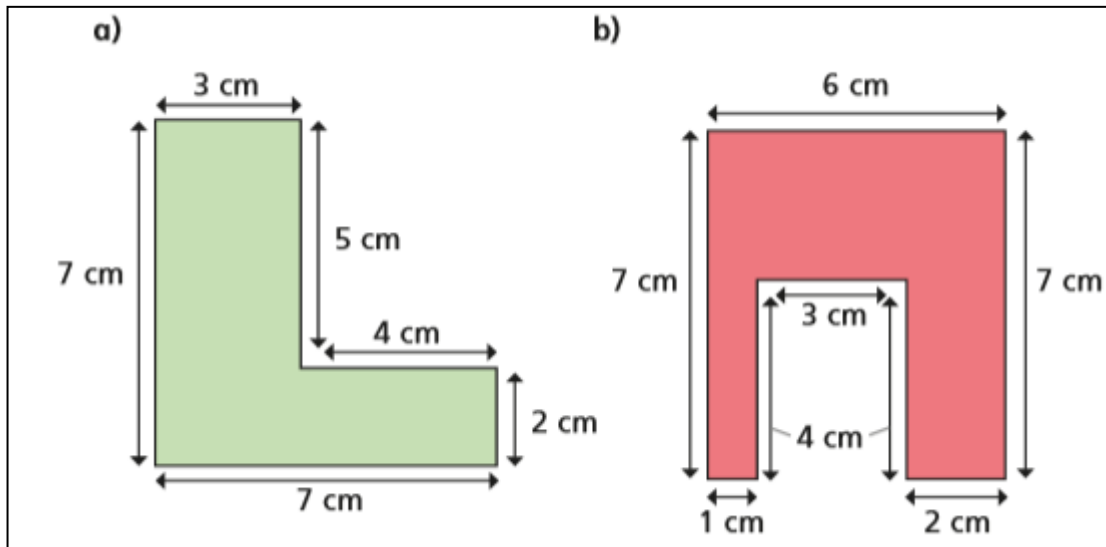


A, B and C are points on a number line.



How much greater is the difference between A and C than the difference between B and C?

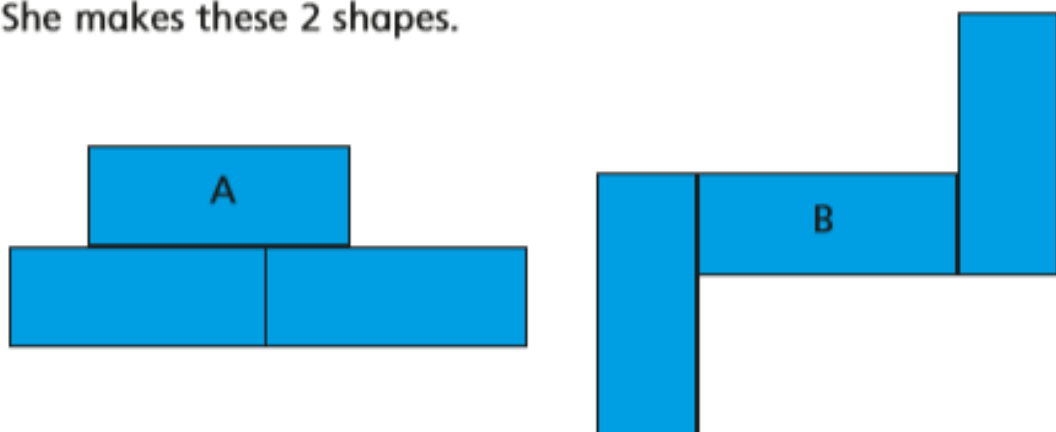
Calculate the Perimeters of these shapes



Rosie is making shapes made up of 3 rectangles.

Each rectangle has a length of 10 cm and a width of 4 cm.

She makes these 2 shapes.



a) Which shape has the greatest perimeter? _____

b) What other shapes can you make with 3 rectangles?

What is the perimeter of the shapes?