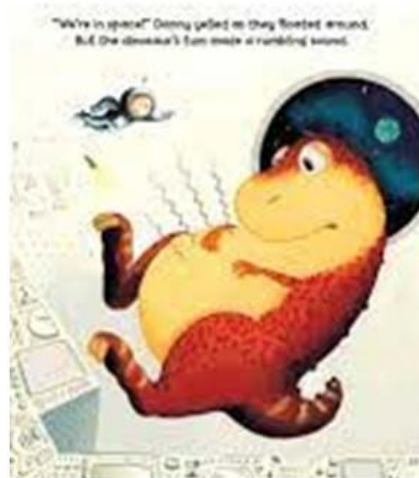




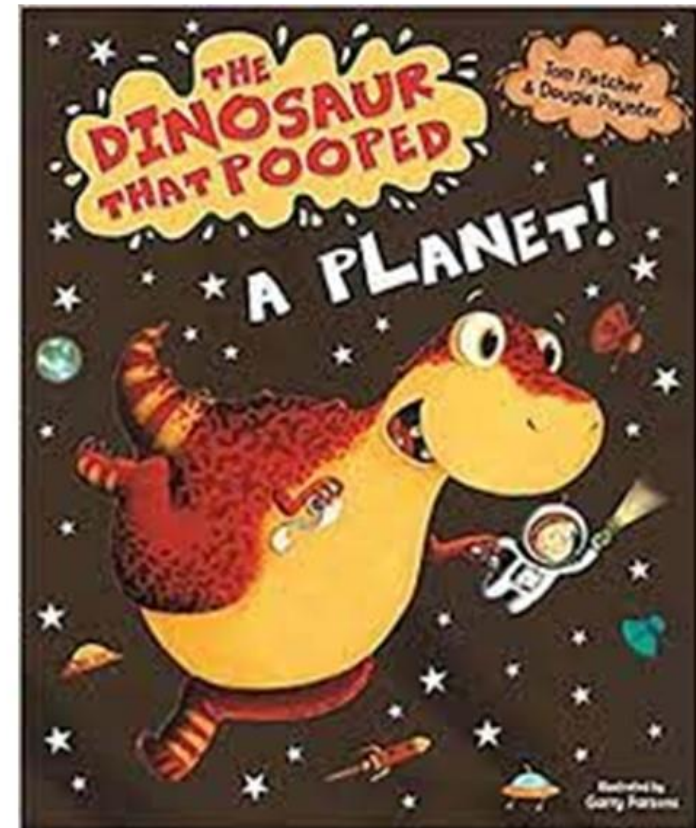
Reading This week we are reading the book "The Dinosaur that Pooped a Planet" by Tom Fletcher and Dougie Poynter.



"Is it time to have lunch?" Denny looked at his watch.
Then he looked all around for the dino's lunch box.
Denny started to worry, then started to panic....
Ten's left their packed lunches back home on their planet!



Barlow's Top Tips
This author has written several books featuring this dinosaur.






Writing we are going to write a food diary this week, keep a record of the different food you have, maybe you could see how many different fruit and vegetables you can eat every day.




I can use my phonics knowledge to write.




Use your robot arms to help you hear all the phonemes.




I can use the correct punctuation.



full stops
I went to the park.



capital letters
My name is Ben.











finger spaces



I can use the word mat to check key spellings.



Key words you can use these to help check your spelling.

	lunch box		yogurt
	sandwich		biscuit
	crisps		fruit
	bread stick		dessert pudding
	vegetables		drink

My Healthy Diary



Breakfast

Lunch

Dinner

Snacks

Drinks

Barlow's Top Tips.

A diary entry needs to start with a date.

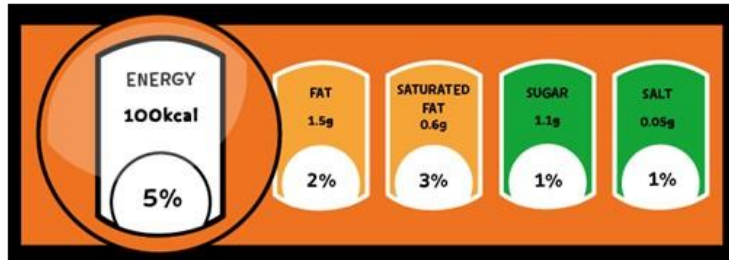
Here is an example of how you could form your diary entry.

This is available from Twinkl
<https://www.twinkl.co.uk/resource/t-t-5498-healthy-living-diary>





Health and Self-Care We are reminding ourselves about the importance of a healthy diet. Use the app to search for the sugar content of food in your cupboards.



Do you remember the traffic light system?

Red - food is high in sugar

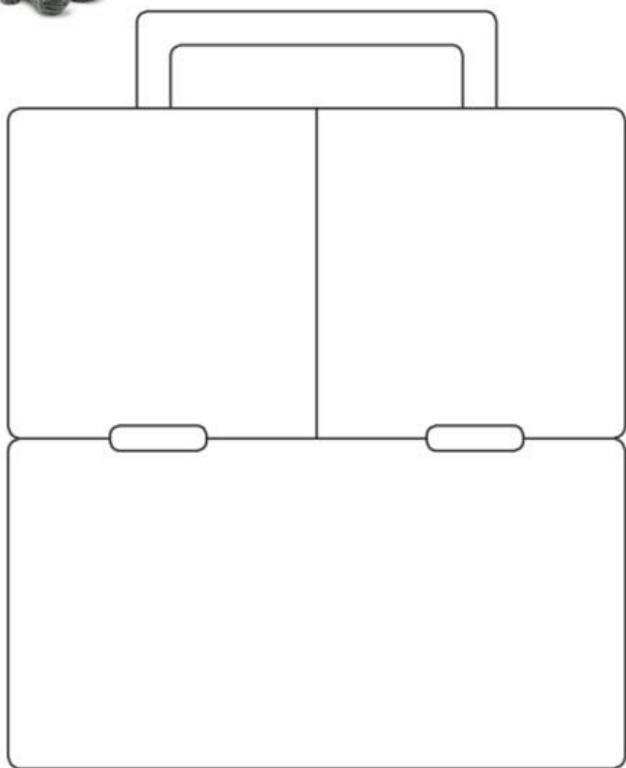
Orange - food has sugar in it

Green - food has a small amount of sugar in

Barlow's Top Tips.
The App is called Change for Life Food Scanner



Understanding of the world now you have reminded yourself about different types of food, can you apply this learning as you design a balanced meal? You could draw and label the food or cut food pictures out of a magazine.



Barlow's Top Tips.

If you would like to learn more then there are some great clips on the BBC Bitesize website:

<https://www.bbc.co.uk/bitesize/topics/zv4cwmn/resources/1>

<https://www.bbc.co.uk/iplayer/episode/b01p3000/get-well-soon-25-eat-well-sleep-well>



What to look for this week on your nature walks

Bumble Bees

In Bee colonies there are 3 types of bee


Queen: One queen runs the whole hive. Her job is to lay the eggs that will spawn the hive's next generation of bees. The queen also produces chemicals that guide the behaviour of the other bees.

Workers: these are all female and their roles are to forage for food (pollen and nectar from flowers), build and protect the hive, clean and circulate air by beating their wings. Workers are the only bees most people ever see flying around outside the hive.

Drones: These are the male bees, and their purpose is to mate with the new queen. Several hundred live in each hive during the spring and summer. But come winter, when the hive goes into survival mode, the drones are kicked out!

Did you know....

There are 250 species of Bee in the UK, most of them are wild species. There are 24 types of Bumble Bees alone, these bees are usually fluffy in appearance.



Not all bees live in large colonies, these Tree Bumble Bees have made a home in a nest box.



The most common wild Bumble species is the Red Tailed Bee.