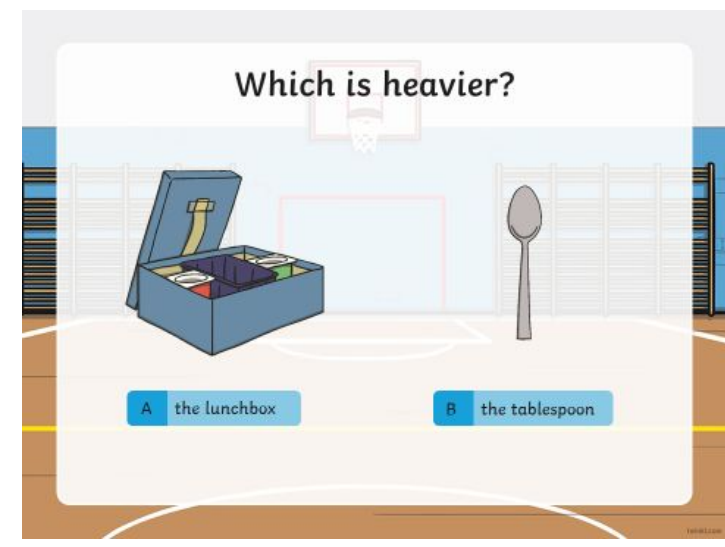
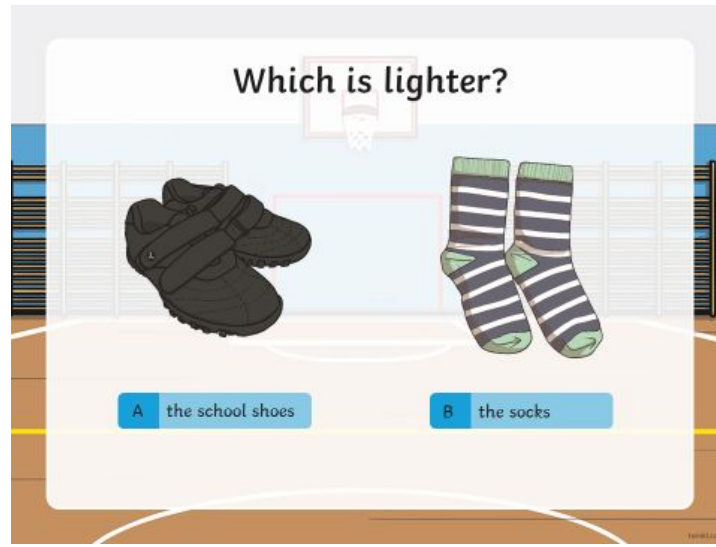


# Reception



Can you decide what are healthy and what are unhealthy foods? You could sort some foods from your cupboards into healthy and unhealthy groups.

Can you find out what the 5 food groups are?



Find objects in you home then hold them and decide which are heavier and which are lighter!




Draw something that makes you happy then write a sentence to explain why!



**Phonics;** Today we are revising the sound 'oo' as in moon.



oo words

 f _ _ _	 b _ _ _	 z _ _
 _ _ _ p	 _ _ _ f	 _ _ _ n
 p _ _ l	 r _ _ f	 r _ _ t

Can you write a sentence using one of the 'oo' sound words?

Remember to use capital letters, finger spaces and full stops.



Remember to read everyday.



Can you practise forming all of the single sounds as neatly as you can.



## English – Using the Suffix -less

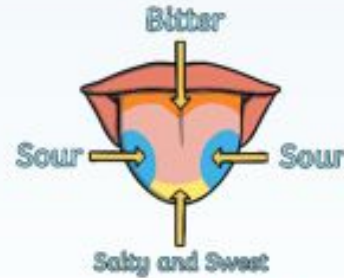
Can you make five new adjectives by adding **-less** to the end of the root word shown in each picture? Click the pictures.



home



spot



taste



noise



heart

Can you write a sentence using two of the new adjectives?



Can you write a list of all the adjectives ending in **-less** that might describe how these children are feeling?



We feel...  
**homeless**  
**parentless**

How many more did you think of?


Show answers

Can you write a sentence about the boys using these adjectives?


Example answer: The **homeless** boys felt **worthless** and **helpless**

## Mental Arithmetic

Revise addition of teens  
Maths worksheets from [urbinary.com](http://www.urbinary.com)



Add these and put the answers inside the shapes.



1.  $14 + 15 =$

2.  $16 + 14 =$

3.  $22 + 18 =$

4.  $12 + 16 =$

5.  $25 + 15 =$


6.  $13 + 16 =$

7.  $24 + 13 =$

8.  $32 + 14 =$

9.  $27 + 11 =$

10.  $35 + 15 =$




All correct I hope.

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## Challenge

Mental 2-digit addition and subtraction  
Maths worksheets from [urbinary.com](http://www.urbinary.com)



More two digit addition

Take care with these as they all come to more than 100!



1.  $30 + 75 =$

2.  $40 + 66 =$

3.  $20 + 84 =$

4.  $60 + 49 =$

5.  $10 + 91 =$

6.  $90 + 13 =$

7.  $80 + 26 =$

8.  $60 + 41 =$

9.  $50 + 54 =$

10.  $30 + 72 =$

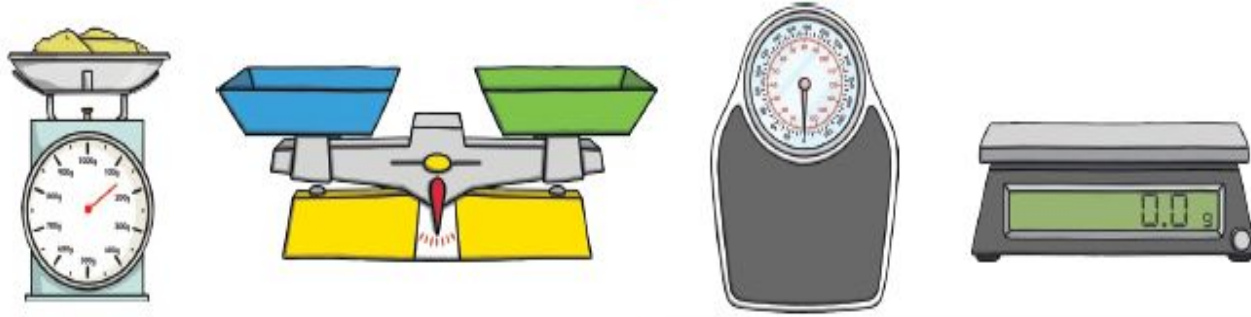
11.  $80 + 27 =$

12.  $70 + 36 =$

Name: \_\_\_\_\_

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## Measuring Weight



We use scales to measure **grams**.

A gram is a small unit of measurement that we use to measure how heavy or light something is.

We can write gram as **g**.

We measure the following using grams:



We also use scales to measure **kilograms**.

A kilogram is a larger unit of measurement that we use to measure how light or heavy something is.

We can write kilogram as **kg**.

We measure the following using kilograms:



Can you decide which of these items would be weighed using grams and which would be weighed using kilograms.



Now have a look around your home.  
Can you decide on objects that would be weighed using grams and kilograms!



Our Body – A balanced diet.

## What is a balanced diet?



<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j>

Why is it important to eat a balanced diet?

Could you create a poster to explain?



Can you name foods that would be in each of the 5 main food groups?

Have a go at designing your own healthy meal using foods from the food groups.

Can you help to make your lunch and include something from each of the food groups?

