

Year 3 Home Learning 'Healthy living - Food and mental health'

Writing tasks	Reading tasks
<p>Design a poster about what foods make you happy!</p> <p>Write a letter to yourself in 5 years' time- describe what you have been doing, how it's making you feel and what amazing things you have done so far!</p> <p align="center">Happiness is ...</p> <p>What makes you happy? It could include cuddling a pet or toy, watching a movie with your family, when your grown-up reads a story to you or plays a game with you, when you see a family member or friend.</p> <p>Using these ideas write a poem (see bottom of the page).</p>	<p>You could share a story together. This could be a chapter book where you read and discuss a chapter a day or a shorter book.</p> <p align="center">With your child- listen to this story https://www.youtube.com/watch?v=UmrUV8v-KQg And discuss the different feelings with your children. It's ok to have a blue day!</p> <p>Read a book on Epic. Discuss what you enjoyed with someone in your family.</p>
Maths	Online maths
<p>Practise counting in 4s and 8s forwards and backwards.</p> <p>Can you complete a missing number sequence: 8, 16, 24, ____, 40, ____ 4, ____, 12, 16, ____</p> <p>Ask someone to create a number sequence for you to complete or make your own.</p> <p>Look at the fraction maths questions at the end of this document. Can you use your problem solving and reasoning skills to solve them?</p> <p>Keep a tally chart or block diagram of how many different fruits and vegetables you eat each day. Remember juice such as orange or apple, baked beans and frozen vegetables and fruit all count. Can you get your five a day? Can you try a new fruit or vegetable?</p>	<p>Mathletics - Complete the challenges set by your teacher and try to get a new certificate!</p> <p>TT Rockstars - try to have a go every day for at least ten minutes and ensure you practise Soundcheck.</p> <p align="center">Problem of the day http://whiterosemaths.com/resources/classroom-resources/problems/</p> <p align="center">Art</p> <p>Draw a self-portrait - showing everyone how amazing you are! https://www.youtube.com/watch?v=FAY5ZMxDteE Or in the style of Picasso!</p> 
Spelling tasks	Science
<p>Complete the activities set for you on Spelling Shed (3 times a week)</p> <p>If you can't access Spelling Shed practice these common exception words: different, difficult, disappear, early</p> <p>Practise spelling the words above or picking 5 from the common exception words list and make your own silly sentences.</p>	<p>Help an adult to cook something in the kitchen, talk about what healthy ingredients you are using. There are lots of child friendly recipes here: https://www.bbcgoodfood.com/recipes/collection/kids-cooking</p> <p>Find out what vitamins we get from: -carrots -broccoli -peas -sweetcorn</p> <p align="center">For free Twinkl resources use code</p>

	PARENTSTWINKLHELPS
Music	History
https://www.youtube.com/watch?v=xtMHCVBgV00 Listen and watch these meditations stories- how do they make you feel? Discuss your feelings with an adult.	How did the Romans take care of themselves? Create a leaflet about how the Romans took care of themselves.
Geography	Discussion
Find out what foods people eat in different countries. -France -Germany -Russia -South Africa And any other countries you can think of!	Discuss with a family member what foods you like the best and what foods you are not keen on. Why don't you like them? Why do you love them? Ask your family member what foods they like/dislike?
PE	
Try to complete a different physical activity each day for five days! This could include going for a walk with your family, riding your bike or scooter, skipping, PE with Joe, dance with Oti Mabuse, cosmic kids yoga and any other type of physical activity you like.	

Maths



I know that $\frac{1}{3}$ is larger than $\frac{1}{2}$ because 3 is larger than 2

Do you agree with Dora?
Explain how you know.

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Find the missing fractions:

$\frac{7}{7} - \frac{3}{7} = \frac{2}{7} + \frac{\square}{7}$

$\frac{\square}{9} - \frac{5}{9} = \frac{4}{9} - \frac{2}{9}$

Rosie and Whitney are solving:

$$\frac{4}{7} + \frac{2}{7}$$

Rosie says,



The answer is $\frac{6}{7}$

Whitney says,



The answer is $\frac{6}{14}$

Who do you agree with?
Explain why.

Public Health in Ancient Rome

Public Health in Ancient Rome

Public health was developed by the Romans as they believed that cleanliness would lead to good health. The Romans made links between causes of disease and methods of prevention. As a consequence, Roman Public Health works were distributed around their empire.

The Romans believed that Prevention of illness was more important than cure of illness. Roman Philosophy was based along the lines of searching for a reason then establishing a preventative measure to minimize the risk attached. As a practical people they used observations of the environment to determine what was causing ill health. This form of empirical observation led the Romans to realise that death rates were higher in and around marshes and swamps.



The cure would then be based upon logic. As the Romans believed that Gods held the key to longevity of life they initially built Temples to the gods near large swamps to pacify them and reduce the deaths. Alternatives to this were the drainage of swamps and they also ensured that the army and important people lived away from these areas.

Such empirical observations led the Romans to believe that ill health could be associated with, amongst other things, bad air, bad water, swamps, sewage, debris and lack of personal cleanliness. In some places, Rome included, it is impossible to avoid all of these unless something is physically done to alter the environment. The Romans, being technologically adequate, resolved to provide clean water through aqueducts, to remove the bulk of sewage through the building of sewers and to develop a system of public toilets throughout their towns and city's. Personal hygiene was encouraged through the building of large public baths (The City of Bath being an obvious British example of these).

The consequence of this pragmatic approach to preventative measures was an advanced system of public health structures, many of which are still visible in places today.

