



# Ashgate Croft School Homework Challenge!

Class: Middle 3

Term: Autumn 2

Topic: Food

Go onto espresso and do the activity 'sorting food'	Make a list of different materials you can find in your house	Read a book with a family member	Walk to the shop and buy a healthy snack
Read a book with a family member	Go onto espresso and complete 'Balanced diet quiz'	Make a list of soft and hard objects in your house	Go onto espresso and do the activity 'Digestive system labelling game'
Use the computer or an ipad to find a new healthy recipe.	Read a book with a family member	Go onto espresso and read/listen to 'big books: Where does our food come from?'	Make a shopping list for the family food shop.
Read a book with a family member	Design and help an adult to make a healthy meal	Practice my spellings	Make a list of natural or man-made materials in your house
Practice spellings	Try a food that you have never had before.	Make a list of different liquids and solids in your house	Practise writing your name and address
Practise brushing your teeth	Practice spellings	Read a book with a family member	Practise making amounts using different coins and/or notes

Please try and encourage your child to do any of the above homework. Colour in the square for the correct week when it has been done. Use the homework book provided to write/draw in.

Thank you for your support,  
Lucia Covell  
(Class teacher)