

English

Summer 2 Week 5

We have an exciting story to read to you!

Here are some of the characters.

What do you think the story will be about?



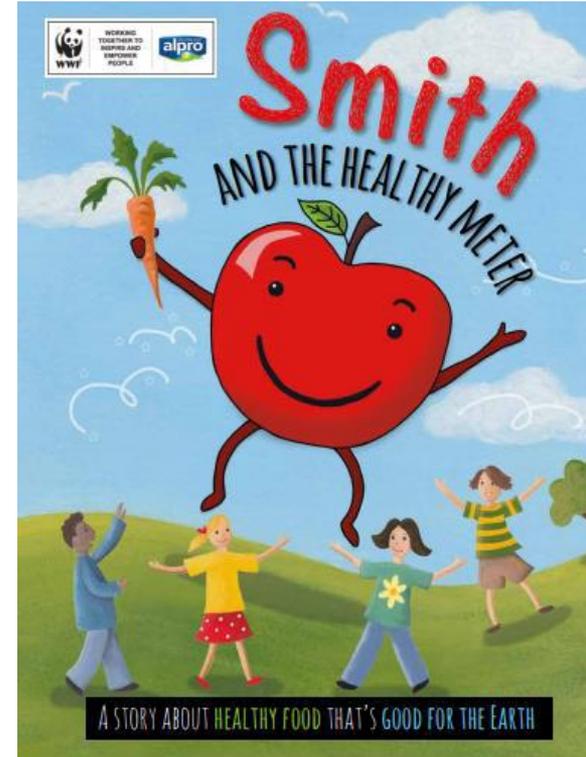
Let's look at some of the key vocabulary in our story.

Long words used in this story

- Energy** – is what makes things go: lights, machines and even people.
- Excited** – how you feel when you are doing something really fun.
- Healthy** – when something is good for you it is healthy, like exercising or eating fresh food.
- Important** – a thing you really need to do is important.
- Meter** – a gadget or device for measuring things.
- Measuring** – finding out how long a thing is, how much you are using, how fast you are going.
- Vegetable** – carrots, cucumbers and broccoli are all kinds of vegetables.
- Workshop** – a place where things are made and work is done.
- ZING!!** – is not a long word, it's not a real word. I made it up to say how good fresh food makes me feel.



Now let's read our story.



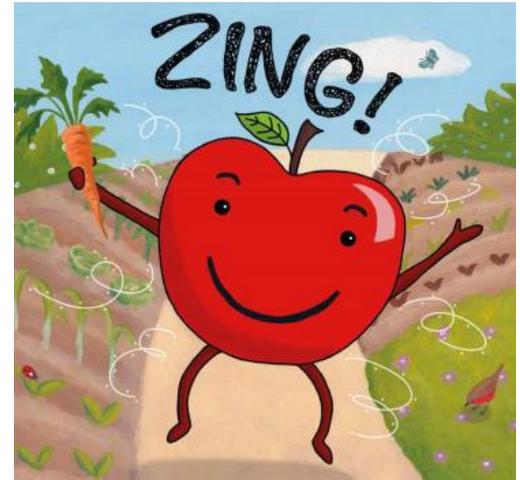
https://www.wwf.org.uk/sites/default/files/2016-10/GreenAmbassador_Smith_Storybook.pdf

Smith tells us that fresh, healthy food has a zing!

What are your favourite healthy foods with a zing?

Can you think of some of your favourite healthy school lunches?

Which foods make your school lunches zing?



Our school lunches should be balanced and healthy, with lots of zing foods.

We need lots of healthy fresh fruit and vegetables and meat from animals who have lived happy lives in farms.



This means our food is good for us and our planet.



Healthy meals are balanced and made up of a variety of foods.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

FOOD STANDARDS AGENCY
food.gov.uk

Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods

Milk and dairy foods

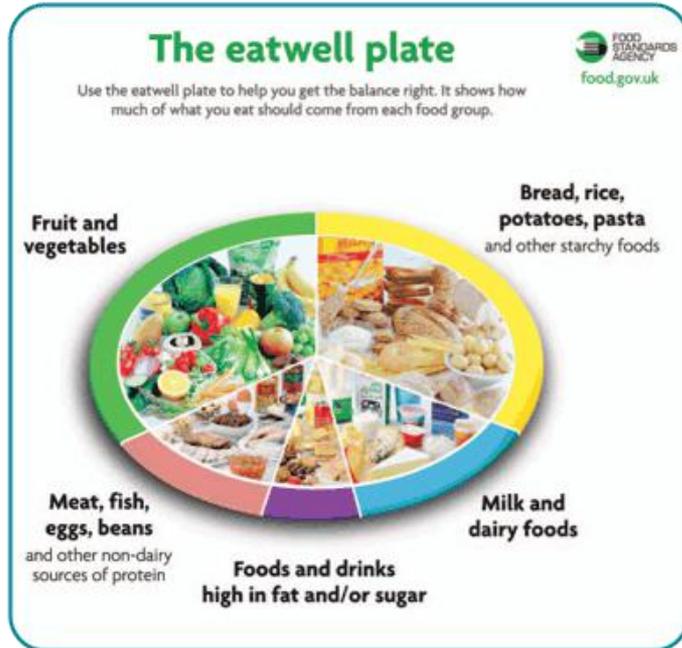
Foods and drinks high in fat and/or sugar

Meat, fish, eggs, beans and other non-dairy sources of protein

Are these school lunches healthy?



What healthy school lunches would you like?



Today we are going to write to Radish, the people who make our school lunches.



We want to let Radish know all of the important information we have learnt, so that they can make lunches that are good for us and the planet.



What are the features of a letter?

So far this year we have written lots of letters. We have written letters to invite our parents to parents evening and we have also written a letter to our key worker heros.

Checklist

- Date
- Address
- Dear Radish
- What are zing foods?
- Which foods are good for the planet?
- Which meals would you like to have for school lunches?
- From_____



Here is an
example of a
letter.

Can you spot
the key
features?

88 Rockingham Road
Cliff Town
CT4 5TT

9th July 2016

Dear Rabbit,

I want to tell you about the bear that lives at
Cliff Cave.

People think he is unkind and dangerous but he
is actually the kindest bear in the world. It is his
birthday on Friday and he would like you to come
to his cave because he is lonely.

He wants to be your friend and he is looking forward
to his party. There will be gingerbread bears and a
big cake with lots of candles to blow out and make
wishes on. He hopes you can come.

Do you think you can come? Please send the bear
a reply.

From,

Joe



dear radish

i am writing to you because i would like to tell you all about healthy school lunches. my favourite part of school lunch is the salad bar. I really like cucumber. i have learnt that fresh food is very healthy for you. if food is fresh then it has a zing

How can you make this letter
even better?

Dear Radish

I am writing to you because I would like to tell you all about healthy school lunches. My favourite part of school lunch is the salad bar **and** I really like cucumber. I have learnt that fresh food is very healthy for you **because** if food is fresh then it has a zing.



What makes good writing?



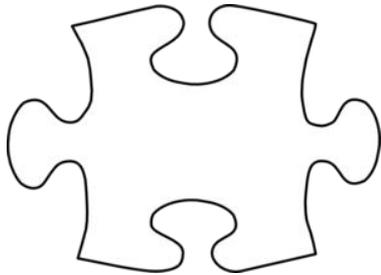
Capital letters



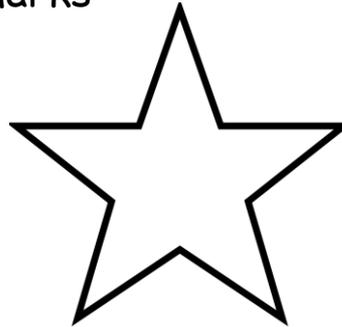
Full stops,
exclamation
marks or
question marks



Finger spaces



Conjunctions
like 'but' 'and'
'because'



Adjectives to
add description
and make our
writing more
interesting.

Now let's write our letter.

Checklist

- Date
- Dear Radish
- What are zing foods?
- Which foods are good for the planet?
- Which meals would you like to have for school lunches?
- From _____



Remember to send your letter into us on Google Classroom.

You can address your letter to school.



Capital letters



Full stops, exclamation marks or question marks



Finger spaces



Conjunctions like 'but' 'and' 'because'



Adjectives to add description and make our writing more interesting.