

<b>Maths</b>		
<p><b>Challenge 1: Fractions</b> Have a look at this video all about Fractions following on from last weeks' video. The video explains everything to you and there are activities to complete in your exercise book during and afterwards. You can also do the online quiz at the start and end to assess how much you have learnt</p> <p><a href="https://www.thenational.academy/year-3/maths/to-recognise-parts-that-are-equal-and-parts-that-are-unequal-year-3-wk1-2">https://www.thenational.academy/year-3/maths/to-recognise-parts-that-are-equal-and-parts-that-are-unequal-year-3-wk1-2</a></p>	<p><b>Challenge 2 – Riddles and Puzzles</b> A set of ten cards, each showing one of the digits from 0 to 9, is divided up between five envelopes so that there are two cards in each envelope. The sum of the two numbers inside it is written on each envelope:</p> <div style="display: flex; justify-content: center; gap: 10px;"> <div style="background-color: #d4af37; padding: 5px; border: 1px solid black;">7</div> <div style="background-color: #d4af37; padding: 5px; border: 1px solid black;">8</div> <div style="background-color: #d4af37; padding: 5px; border: 1px solid black;">13</div> <div style="background-color: #d4af37; padding: 5px; border: 1px solid black;">14</div> <div style="background-color: #d4af37; padding: 5px; border: 1px solid black;">3</div> </div> <p>What 2 cards could be in each envelope. Remember you can only use each digit card once! Is there more than one way to solve this puzzle?</p>	<p><b>Challenge 3: Challenge</b> a) I think of a number. I double it, add 5 and then add 25. My answer is 50. What was my number? b) I think of a number. I half it, and subtract 5. The answer is 25. What was my number? c) I think of a number. I divide by 2, add 98 and my answer is 100. What was my number?</p>
<b>Writing</b>		
<p style="text-align: center;"><b>Bob thinks:</b> All of these words can be used to make a sentence. <i>cat dog at A barked a</i> Can you add any extra words to improve this sentence? <b>What do you think? Convince me!</b> He also thinks all of these words can be used to make a sentence. <i>zoo visit animals weekend I</i> Can you add any extra words to improve this sentence? <b>What do you think? Convince me!</b></p> <p style="text-align: center;"><b>Sue thinks:</b> These sentences are all in the present tense. <i>A submarine is looking for sharks under the water.</i> <i>The three little pigs are building new houses.</i> <i>There will be children skipping at playtime.</i> <b>What do you think? Convince me!</b> <b>Challenge: Can you write a present tense story?</b></p>	<p style="text-align: center;"><b>Greg thinks:</b> The underlined word is the correct homophone in each sentence. <i>Suzy wanted to sit over <u>there</u>, next to her best friend.</i> <i>Simon and Lucy jumped on <u>there</u> trampoline for 2 hours. The Ravens are the best football team, <u>there</u> always winning trophies.</i> <b>Convince me!</b></p> <p style="text-align: center;"><b>Steph thinks:</b> Words ending with 'le' are more common than words ending with 'el'. <b>Is this true? Convince me!</b></p>	
<b>Reading</b>		
<p>Read this extract from Roald Dahl's The Twits and answer these retrieval questions in your workbook in full sentences:</p> <ol style="list-style-type: none"> <li>Where did Mr Twits hair sprout from?</li> <li>How often did Mr Twit wash?</li> <li>What object is Mr Twits hair compared to?</li> <li>What 3 things on his face were not covered in hair?</li> <li>What did Mr Twit think his hair made him look like?</li> <li>How long had Mr Twit not washed his hair for?</li> </ol>	<p><b>Mr Twit</b></p> <p>Mr Twit was one of these very hairy-faced men. The whole of his face except for his forehead, his eyes and his nose was covered with thick hair. The stuff even sprouted in revolting tufts out of his nostrils and ear-holes.</p> <p>Mr Twit felt that his hairiness made him look terrifically wise and grand. But in truth he was neither of these things. Mr Twit was a twit. He was born a twit. And now at the age of sixty, he was a bigger twit than ever.</p> <p>The hair on Mr Twit's face didn't grow smooth and matted as it does on most hairy- faced men. It grew in spikes that stuck out straight like the bristles of a nailbrush.</p> <p>And how often did Mr Twit wash this bristly nailbrushy face of his? The answer is NEVER, not even on Sundays.</p> <p>He hadn't washed it for years.</p>	
<b>Flashback</b>		
<p>Rocks and soils. You learned lots about the 3 types of rocks during our Stone Age vehicle. Try this experiment at home to find out how porous (absorbs the most water) different types of rocks are: Collect three different types of rocks from your garden or on a walk. Try to find similar sized pieces of rock. Predict which rock will be the most porous (absorb the most water). Fill three clear cups with water and mark the water level with a pen. Place the rock samples in the water and leave for an hour. Take the rock samples out of the water and see which rock has absorbed the most water.</p>		
<b>Weekly Learning Project</b>		
<p>In Autumn 2, we learnt all about Junior MasterChef – your weekly challenge this week is to record everything you eat from Monday-Wednesday. Is it a balanced diet? How could you improve your diet?</p> <p>Can you design a meal plan for next week using the Eatwell guide to help?</p>		

# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated fat	Sugars	Salt
1040kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
	4%	7%	30%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 60%<sup>a</sup>/16%<sup>b</sup>

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and added sugars



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives  
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS