




Trencrom Class Homework -Spring Term

Subject	Bronze * 3 	Silver ** 4 	Gold *** 5 
Communication, language and literacy	Write an example menu giving 3 healthy choices for a school dinner.	Create a food diary for one week making note of what you ate for breakfast, lunch, dinner and snacks each day. At the end of the week, write an evaluation - did you make healthy choices? What could you have improved?	Write a recipe for a healthy and nutritious meal. Remember to include an introduction, equipment list and method in your recipe.
Maths	Research the number of calories it is recommended that men, women and children should eat each day.	Complete this maths problem: Add together the number of bones in the human body and the number of teeth an adult human has. Multiply this by the number of fingers (including thumbs) a human has. Finally, subtract the number of bones in a human spine. What answer did you get? Show your working.	Create a maths problem of your own that is similar to the Silver maths task.
Science	Research the meaning of 'producers', 'predators' and 'prey'. Write down an explanation of each.	Research the function of the brain, heart, stomach, liver and kidneys. Write an explanation for each.	Create a diagram or model of a human skeleton. Can you add a fact box saying how many bones there are in the human body?
Creating and modelling	Create a healthy eating poster.	Create a model of a human mouth with teeth.	Cook a healthy meal for your family - take photos to bring in to school as evidence.
Music	Listen to 'The Stomach Song' on YouTube: https://www.youtube.com/watch?v=ZUInOfphqE Try to learn the words to the chorus.	Listen to 3 of the following songs: 'Banana Pancakes' by Jack Johnson 'Chocolate' by Snow Patrol 'Green Onions' by Booker T. and the M.Gs 'I've Got a Lovely Bunch of Coconuts' by Danny Kaye 'Lollipop' by The Chordettes Write a short review of each song. Which one was your favourite? What did you like/dislike about them?	Write a song or rap that encourages people to eat healthily, for example, eating 5 portions of fruit and veg a day. Perform the song to the rest of the class.

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Physical	<p>Take 3 photographs of yourself completing physical activities, such as cycling, going for a walk or playing football.</p> <p>Print these out and stick them in your homework book or send them to Miss Brownlow via Class Dojo.</p>	<p>Come up with an idea for a new playground game that would give children a good amount of exercise at lunchtime. Write down the rules and any equipment you might need.</p>	<p>Make up your own fitness routine that will help children keep fit. Film your video so the rest of the class can see it and have a go!</p> <p>For inspiration, search for 'Joe Wicks Children in Need workout' online.</p>
Computing	<p>Watch the 'Developing a new toothpaste' BBC Bitesize video on your computer or tablet: https://www.bbc.co.uk/bitesize/clips/zfr3cdm</p> <p>(This will help you to complete the silver and gold computing tasks.)</p>	<p>Use Word, Publisher or a similar programme to create a poster advertising a new kind of toothpaste.</p> <p>Give details about the new toothpaste and try to make your poster as eye-catching as possible.</p>	<p>Use Powerpoint to make a slideshow that explains how to keep your teeth and gums healthy. Bring the Powerpoint in to school on a USB stick to show the rest of the class.</p>