

NICER Curriculum: Home Learning Challenges

Year Group: **5**

Challenge Pack: **Food vs Man**

Challenge: ***How can we set up a healthy tuck shop to run in the school?***

Outcome: ***Fairtrade tuck shop***

How Hungry are you for a Home Learning Challenge? How many Challenge dishes will you choose?

Choose which Home Learning Challenges you would like to complete from the Menu of Dishes below.

How Hot do you like your Meal?! The hotter the dish you chose, the more challenging it will be! Yellow: Warm, Orange: Medium, Red: Hot

Small Dish Challenges

You could chose to complete just 2 of these, or more, or chose 1 to start you off before moving on to a Large Plate Challenge!

Create your own balanced plate with the splits of the kind of food types you should be eating on your plate.

Where in the world do different foods come from? Use your research skills to find out!

Design a 3 course meal for your family thinking about creating a whole balanced meal

Large Plate Challenges

You could chose to complete just 1 of these spending a number of weeks on this and building up your learning every time!

Design your own healthy snack. Name it and create a brand. Design the packaging and create your own advertising poster. Why would someone want to buy your snack? And how is it healthy?

Document your Dinner! Over a period of weeks, gather a record of what you are eating. What food categories do they fall in? How balanced is your diet over the weeks?

Create a pitch and campaign that you would present to a supermarket or a restaurant of what they could do to encourage people to make healthy choices or stock fair-trade and ethical items.

<i>Name:</i>		<i>Class:</i>	
Small Dishes		Large Plates	
<p>Using your art skills, create your own balanced plate with the splits of the kind of food types you should be eating on your plate.</p> <p>How much protein, carbohydrate, fruit/vegetables and dairy should be on your plate? Is the meal that you design a balanced one? Have a go at using your mathematical skills and writing each part of your plate as a fraction or a percentage.</p>	<p>Design your own healthy snack. Name it and create a brand. Design the packaging and create your own advertising poster.</p> <p>Why would someone want to buy your snack? And how is it healthy?</p> <p>Make sure you using your exciting descriptive language to persuade someone to buy this product.</p>		
<p>Design a 3 course meal for your family thinking about creating a whole balanced meal. What ingredients would you need and how are these healthy? How many of the ingredients fit in to the different food groups: protein, carbohydrates, fruit and vegetables and dairy.</p>	<p>Document your Dinner! Over a period of weeks, gather a record (list, photos, and drawing) of what you are eating. What food categories do they fall in? How balanced is your diet over the weeks?</p> <p>Review and reflect on what you are eating and how you might want to change it!</p>		
<p>Where in the world do different foods come from?</p> <p>Use research skills (IT, books, supermarket and packaging) to work out where in the world the food you are eating comes from. You can mark these on a map also. How are they transported to the UK? Write a short report, using your spellings and grammar skills from this term.</p>	<p>Create a pitch and campaign that you would present to a supermarket or a restaurant of what they could do to encourage people to make healthy choices or stock fair-trade and ethical items. What products could they feature? Why might these be attractive products to their customers? And how might they improve the lives of those purchasing?</p>		

Which dishes have I chosen?

What have I completed and created?

How have I found completing the Challenge Pack Homework?

