



# Acorn Class Miss Brockwell

Dear Parent/ Carer,

The theme of our Topic work this term will be You Are What You Eat. This is part of a whole school focus on Cooking and Nutrition which will influence the topic in Sapling and Oak classes too.

## **What we will be doing**

This term we will be finding out all about different foods and exploring a range of recipes from around the world. We will be learning and different food groups, cooking methods and utensils and making healthy choices.

## **Why we will be doing it**

This topic offers an opportunity for the children to explore both new and unfamiliar food groups and to compare tastes, textures and appearances. We will be focusing on a different food group each week, learning about the produce in that category including where it comes from, how it is made and what meals can be made using those ingredients. We will also be learning about making healthy food choices (including some treats as part of a balanced diet) and about preparing and storing food hygienically.

## **How you can help**

In Literacy this term we will begin by sharing poems around our food theme, comparing and contrasting them and learning some sections or short poems by heart. We will then move on to writing recounts of our cooking experiences using time words like first, next and then, and writing instructions for recipes we have used using command words. You can support our work at home by encouraging your child to write at every opportunity, for example you could like to our topic by writing recipes for their favourite meals or reviewing things they have eaten. During writing this term we will also be continuing to focus on making sure the letters are formed correctly as this will help with joined up writing when they go into Year 2.

Year 1 Literacy Skills Goals this term:
To listen to and discuss a wide range of poems and recite some by heart.
To write instructions using command words.
To write a recount using time words.

In Maths we will be focusing on different measurements this term to fit in with our cooking theme. We will begin with comparing and measuring lengths and heights accurately using centimetres, then capacity using words like full, half full, nearly empty

and empty. We will then compare and measure weights using grams. You can support these skills at home by encouraging your child to measure accurately, particularly when cooking together..

Year 1 Maths Skills Goals this term:
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To measure, begin to record and solve practical problems for lengths and heights [for example, long/short, longer/shorter, tall/short, double/half].
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To measure, begin to record and solve practical problems for capacity and volume [for example, full/empty, more than, less than, half, half full, quarter].
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To measure, begin to record and solve practical problems for mass/weight [for example, heavy/light, heavier than, lighter than].
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In Topic we will be basing our activities around a different food group each week, learning about the foods in that category, where they come from, how they should be stored and how they can be cooked. We will start with fruits and vegetables in week 1, then dairy in week 2, grains and carbohydrates in week 3, meat and fish in week 4 and treats and how to create a balanced diet in week 5.

We will be finding out about where our food comes from both in terms of what produces them (i.e. eggs can come from a variety of different birds) and where in the world they come from (i.e. bananas don't grow well in cold climates). In Science we will be finding out about how food helps keep our bodies healthy and growing and how we can make sure it doesn't spoil. In History we will finding out about which products and produce were popular at different periods in history, spotting brands that we recognise in the past and learning about how advances in technology (like the invention of fridges and freezers) has changed the foods we can keep in our house.

We will spend one afternoon each week cooking together using ingredients from our focus food group for the week. As part of this we will learn about making healthy choices, trying new tastes and textures and measuring ingredients. We will then use our Acorn class page on the school website to review our creations.

At home you can support our topic work by encouraging your child to explore new foods and take part in cooking both sweet and savoury dishes.

Year 1 Topic Skills Goals this term:
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To use the basic principles of a healthy and varied diet to prepare dishes.
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To understand where food comes from.
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To select from and use a wide range of ingredients, according to their characteristics.
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To use technology to share my thoughts and opinions.
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To identify changes in produce available and food storage over time.
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