NAME:



Turramurra North

EXPERIENCE TODAY INSPIRE TOMORROW

Learning from Home Unit: 12 Early Stage 1 Kindergarten

Term 4 Week 2 2021

WELL DON

Websites for Learning

- TNPS school website: <u>https://turramurrn-p.schools.nsw.gov.au</u> Learning From Home Packages are located.
- Department of Education Learning from Home: <u>https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home</u>

Should you need to contact your child's teacher please use the following emails:

KW Marienne Galluzzo	marienne.galluzzo@det.nsw.edu.au
KK Kierly Wiggins	kierly.wiggins1@det.nsw.edu.au
ENGLISH	

- Word Book Online (username: tnps and password: tnps) https://www.worldbookonline.com/kids/home
- Story Box Library (username: tnps and password: tnps) www.storyboxlibrary.com.au
- Alfie Gets in First by Shirley Hughes https://www.youtube.com/embed/tFlvvcDPyxk
- Alpha Blocks Who Wins the Race? https://www.youtube.com/embed/4mAgmuMbeBc
- <u>Alphabet Slider Game https://www.abcya.com/games/alphabet_puzzle</u>
- ABCya Lily Pad Pond https://www.abcya.com/games/lily-pad-pond
- Rhyming Bats Game <u>https://www.abcya.com/games/alphabats_rhyming</u>
- Keyboarding Zoo Typing <u>https://www.abcya.com/games/keyboarding_practice</u>
- ABC Education- Rhyme Time Game https://www.scootle.edu.au/ec/viewing/L7857/index.html

MATHEMATICS

- <u>https://education.nsw.gov.au/campaigns/mathematics/everyday-maths</u> Fun, creative and practical activities to develop everyday Maths skills
- Mathletics <u>https://www.mathletics.com/au/</u>
- Add and Subtract from 10 <u>https://www.abcya.com/games/kindergarten_word_problems_add_subtract</u>
- Using a Number Line to Add https://www.coolmath4kids.com/math-help/addition/yardstick-addition
- Jet Ski Addition Game https://www.coolmath4kids.com/math-games/jet-ski-addition?tid=15
- Connect the Dots Counting https://www.abcya.com/games/connect_the_dots
- Mathematics activities for K-10 <u>https://nrich.maths.org/</u> with a focus on developing mathematical thinking and problem solving skills

SCIENCE AND TECHNOLOGY

- Science Time Visits a Beehive <u>https://www.youtube.com/embed/qbjALHTQDqA?index=3&list=PLpB6csqtU-ratRuNkmR_YafjiUnm72DzD</u>
- Science Time Visits Koalas <u>https://www.youtube.com/embed/RBx5jDV3Xpc?index=7&list=PLpB6csqtU-ratRuNkmR_YafjiUnm72DzD</u>
- Science Time Spring and Flowers <u>https://www.youtube.com/embed/C3ExIJnImg0?index=6&list=PLDB39B71C547E6E83</u>
- ABC Education- How Do You Know When Rain is Coming?
 https://education.abc.net.au/home- !/media/30177/how-do-you-know-when-rain-is-coming-

CREATIVE ARTS

- Dance exploration <u>https://www.gonoodle.com/</u>
- Drama Activities for K-3 Students https://www.teachstarter.com/au/blog/drama-games-lesson-ideas-activities-for-kids-k-3/

PERSONAL DEVELOPMENT / HEALTH / PHYSICAL EDUCATION

- <u>000 Hero http://kids.triplezero.gov.au/</u> for K-2 children. An interactive game that promotes safety messages and how to act in an emergency.
- Cosmic Yoga has great creative yoga videos that are easy for children to follow.
 <u>https://www.youtube.com/user/CosmicKidsYoga</u>



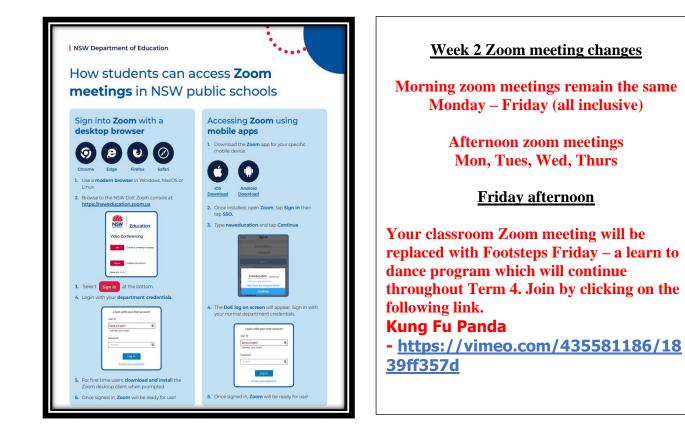
KK Zoom Classes WEEK 2 TERM 4 2021

The Zoom meeting ID and passwords for this week are:

Class	Zoom Meeting ID		Zoom Meeting Password		
KK	Morning am	Afternoon pm	Morning am	Afternoon pm	
	637 9425 6431	671 9703 6269	601051	494579	

Each class will have a Zoom class in the morning and another, with different content, in the afternoon. Each session will be approximately 30-45 minutes as indicated. Students are expected to attend both the morning and afternoon session each day. The video conference room is like a classroom, and the same school behaviour and discipline policies apply to this environment. Students need to access Zoom via https://nsweducation.zoom.us/ and are required to use their DoE student portal login to gain access. The DoE user ID and DoE password will be the same as last term.

Time	Class
9.30am	KK & KW & 5T & 6B
10.30am	1F & 1W & 2M & 2R
11.30am	3R & 3H & 4H
12.15pm	KK & KW & 5T & 6B
1.30pm	1F & 1W & 2M & 2R
2.15pm	3R & 3H & 4H



Week 2 Term 4 – Learning from Home Early Stage 1

You may need help from a parent/carer and possibly resources from your teacher.

	Monday	Tuesday	Wednesday	Thursday	Friday	
Morning	English Spelling/Phonics Reading/Writing 9.30 Zoom KK and KW Introduction of this week's sound.	English Spelling/Phonics Reading/Writing 9.30 Zoom KK and KW Adjectives and Nouns	English Spelling/Phonics Reading/Writing 9.30 Zoom KK and KW Capital Letters	English Spelling/Phonics Reading/Writing 9.30 Zoom KK and KW Opinion Discussion	English Spelling/Phonics Reading/Writing 9.30 Zoom KK and KW Position activity	
Break	K Break Break		Break	Break	Break	
Middle	Mathematics	Mathematics	Mathematics	Mathematics	Mathematics	
Break	Break	Break	Break	Break	Break	
Afternoon	12.15 Zoom KK and KW STEM	12.15 Zoom KK and KW Art	12.15 Zoom KK and KW Music	12.15 Zoom KK and KW Wear your pirate hat! PDHPE	NO ZOOM Footsteps	

** Keep revising the star words you received in week 1. Have a go at writing them down once you can remember them and even try putting them into sentences.

MONDAY - English Spelling

- Sound of the week "ar"
- Watch the following video on the 'ar' sound https://youtu.be/0Vywhf7cF7Q
- Write a list in your workbook of all the words you can think of that have the 'ar' sound in them. Underline the 'ar' sound in each word.
- Complete the 'ar' worksheet.
- Complete the alphabet handwriting sheet. Make sure you are forming all letters correctly.

Reading and Writing

- Write a recount about your weekend. Use the attached outline and write your recount in your workbook.
- Complete the activities on the story "Charlie and Lola I will Never not eat a tomato"

MONDAY - Mathematics

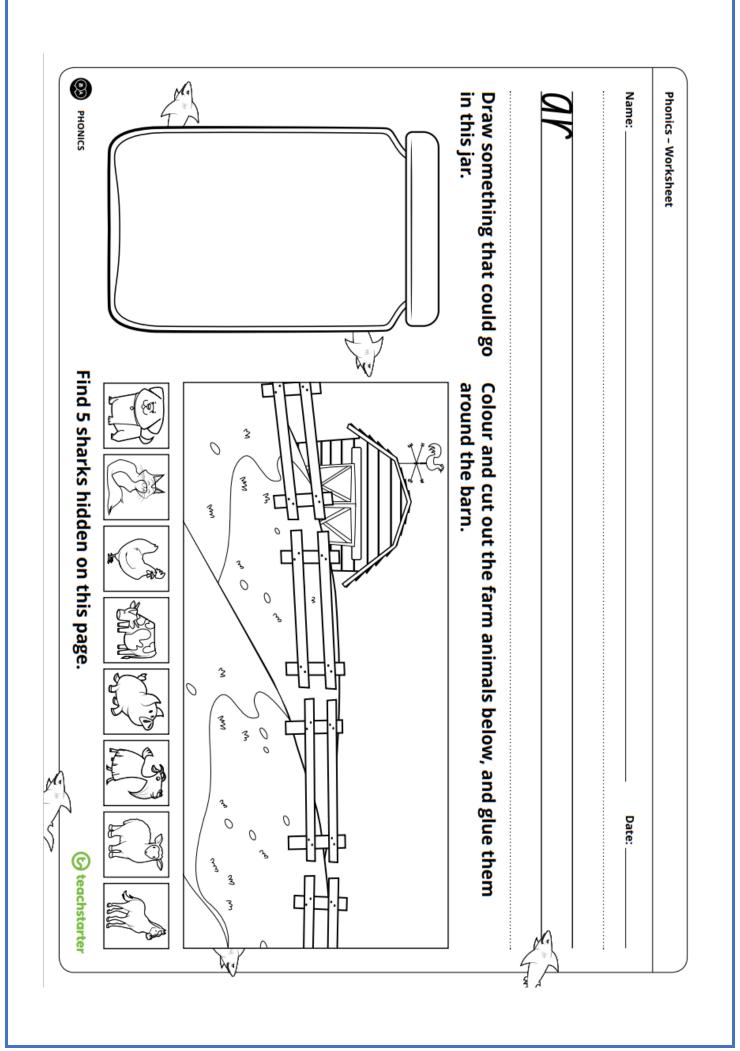
- Play the I draw, you draw game. You will need dice for this activity.
- Complete the recognising Australian notes worksheet.
- Complete some of the assigned activities on Mathletics.

MONDAY - STEM

• Egg Drop Challenge

- Using materials you have at home, design something to hold an egg so that when you drop it the egg stays safe.
- Here are some examples:
- Send through a picture of your creation to your teacher.





Writing the Alphabet 3. 20 • 2 0.2 2+ 1 --TeachStarter.cor

Recount Writing

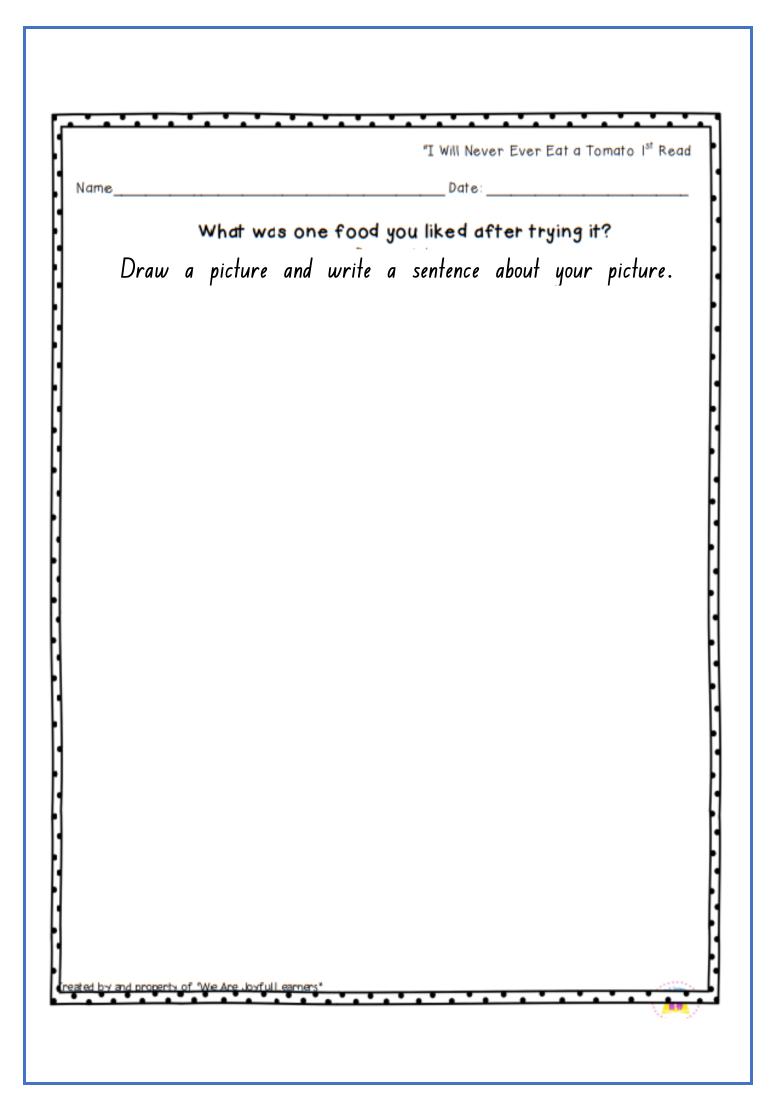
Write a recount about what you did on the weekend. Remember to use the following format when writing:

On the	weekend _		-
Next			
Then		 	

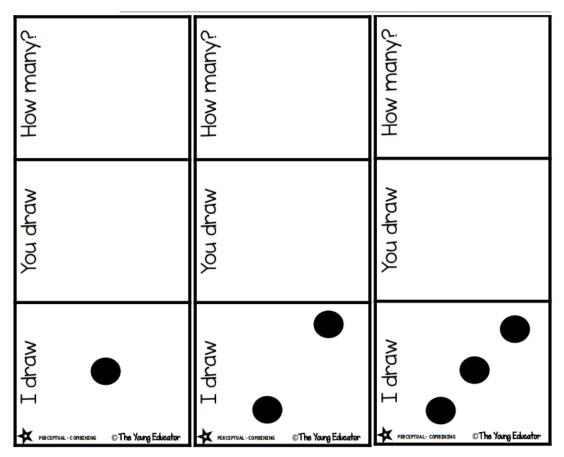
You may like to add a personal comment at the end of how you felt. Complete this activity in your scrap book and draw a picture.

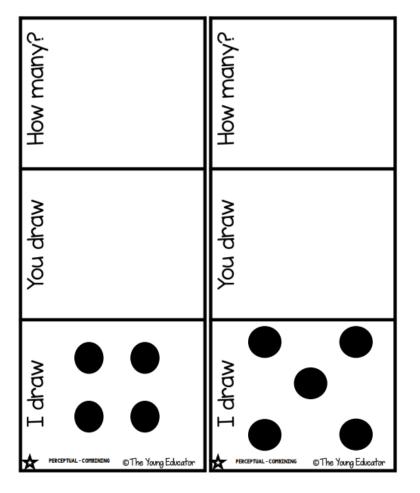
Editing Checklist: Capital letters Full stops Finger spaces It makes sense Wow words (adjectives)

	CdrVN3kgE							
[4	"I Will Never Ever Eat a Tomato I st Read NameDate:							
What was one food that Lola li Draw a picture and write a senter	• • •							



Roll a dice and draw the dots in the you draw section. Then figure out how many altogether. Try to use the count on strategy instead of starting at 1 each time.





Recognise Australian Notes

Look carefully at the notes. Colour the notes to match these colours:



TUESDAY - English Spelling

- Sound of the week "ar"
- Watch the following video on the 'ar' sound https://youtu.be/0Vywhf7cF7Q
- Complete the 'ar' worksheet.
- Complete the rhyming words activity.
- Complete the alphabet handwriting sheet. Make sure you are forming all letters correctly.

Reading and Writing

- Complete the sentence of the day activity. Write a sentence about a shark. Use adjectives to describe the shark.
- Complete the comprehension activity. There are 3 levels to choose from 1 star, 2 stars and 3 stars. You may do more than one level.
- Complete the adjectives and nouns worksheet.
- Complete the following handwriting pages:
 - KK pg 24 and 25
 - KW pg 34 and 35

TUESDAY - Mathematics

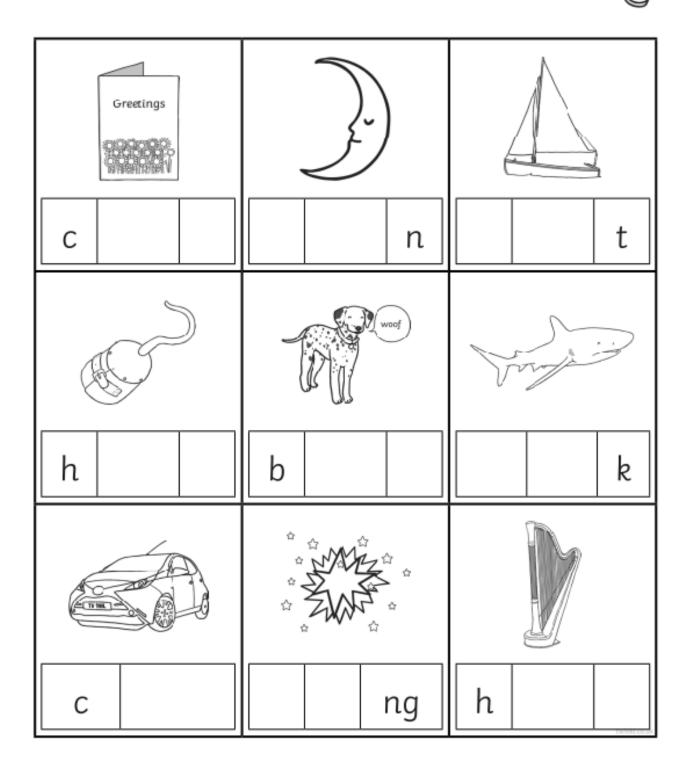
- Play the Flip it, Build it, Add it game. Flip 2 cards and add them together by building a tower using lego or blocks.
- Complete the colour by coin worksheet.
- Complete some of the assigned activities on Mathletics.

TUESDAY - Art

• Complete the art activity from Mrs Plasto.

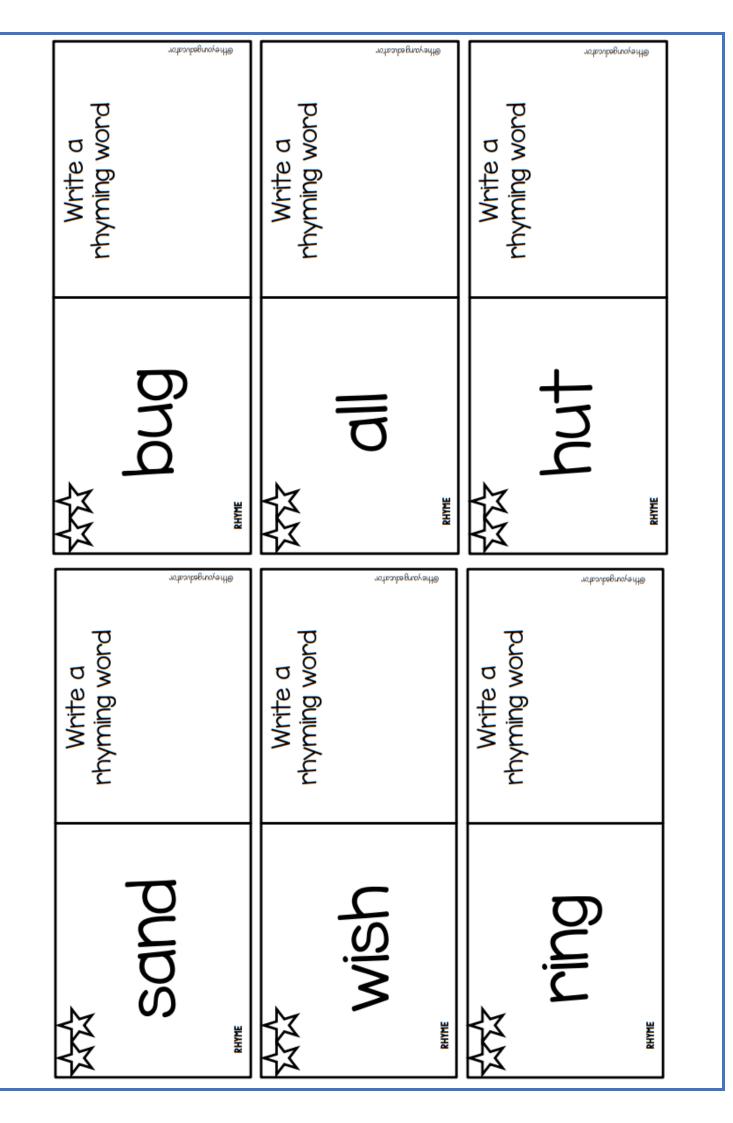
Find and Write the 'ar' Words

Write the words and then colour the ones with an 'ar' sound in them.

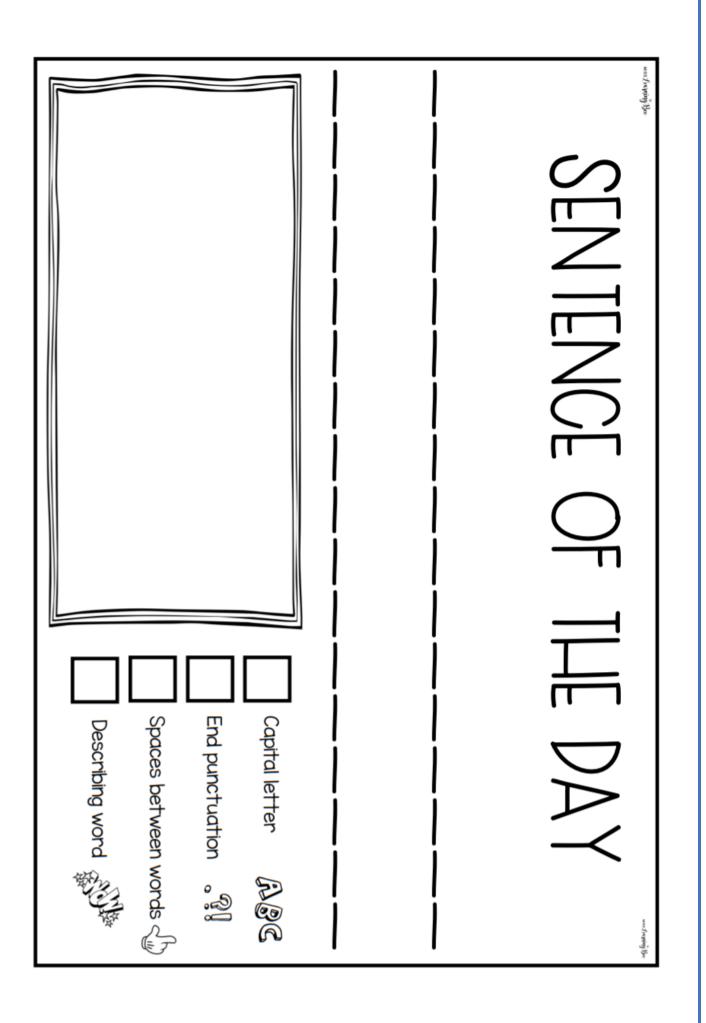


twinkl

twinkl.co.uk



Writing the Alphabet 3 20 • 2 0.2 2+ 1 ---TeachStarter.com





The H	ot Sun						
Tricky words:							
the is	my has						
The sun is big and	red. The						
sand is hot. I get n	ny						
hat. My dad has							
a tan. We sit							
on a mat.							
Dad has a:	Write a word						
o tan that rhymes							
o pan with big .							
o tin							



Read the short story. Then answer each question.

Playing with Friends

John went for a bike ride. He rode around the block. Then he met some girls he knew from school. They all rode to the field to play. John had a great time playing games with his friends.



Questions:

Circle the correct answers:

- 1. John went for a (car / bike) ride.
- 2. He rode around the (block / circle).
- 3. Then he met some (boys / girls) he knew from school.
- 4. They all rode to the (park / field) to play.
- 5. John had a great time playing (games / ball) with his friends.

Read the short story. Then answer each question.

My Friends

I have some very good friends. I ride the bus with my friends Tony and Brian. They live on my street. At school, Tony, Brian and I play with Lisa and Emma on the playground. We all eat lunch together too. I also have friends from my soccer team named Hunter and Jake. Sometimes I get to see my cousins Abby and Kevin. They are my friends too. I like all of my friends.



Questions:

Write answers to the questions:

- 1. Which friends ride the bus?
- 2. Which friends play soccer?
- Who plays with Tony and Brian on the playground?
- 4. Who are the cousins?
- 5. Who eats lunch together?

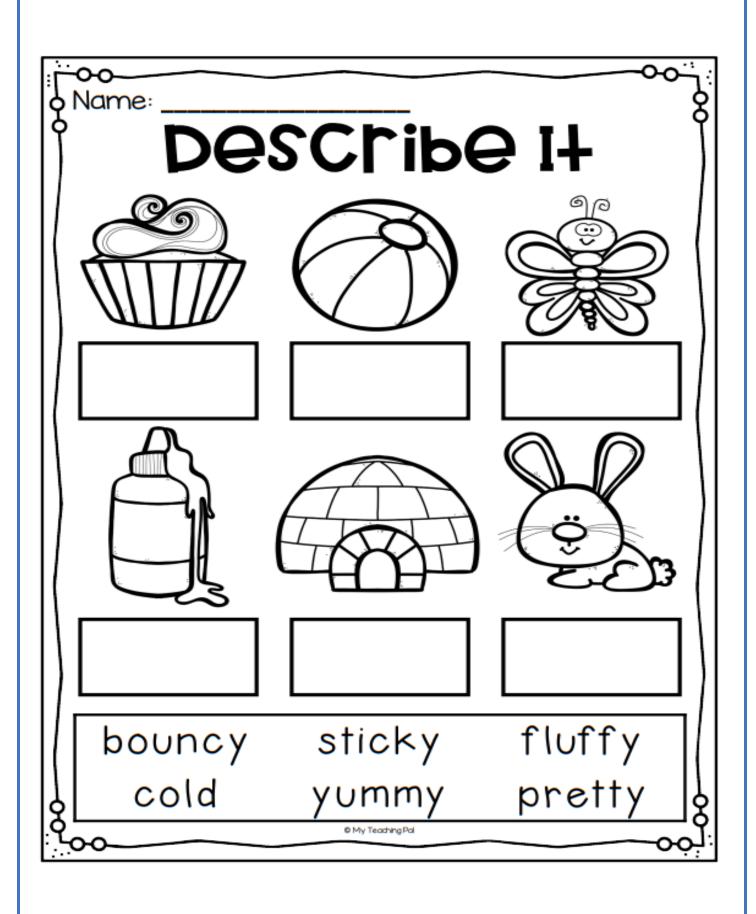


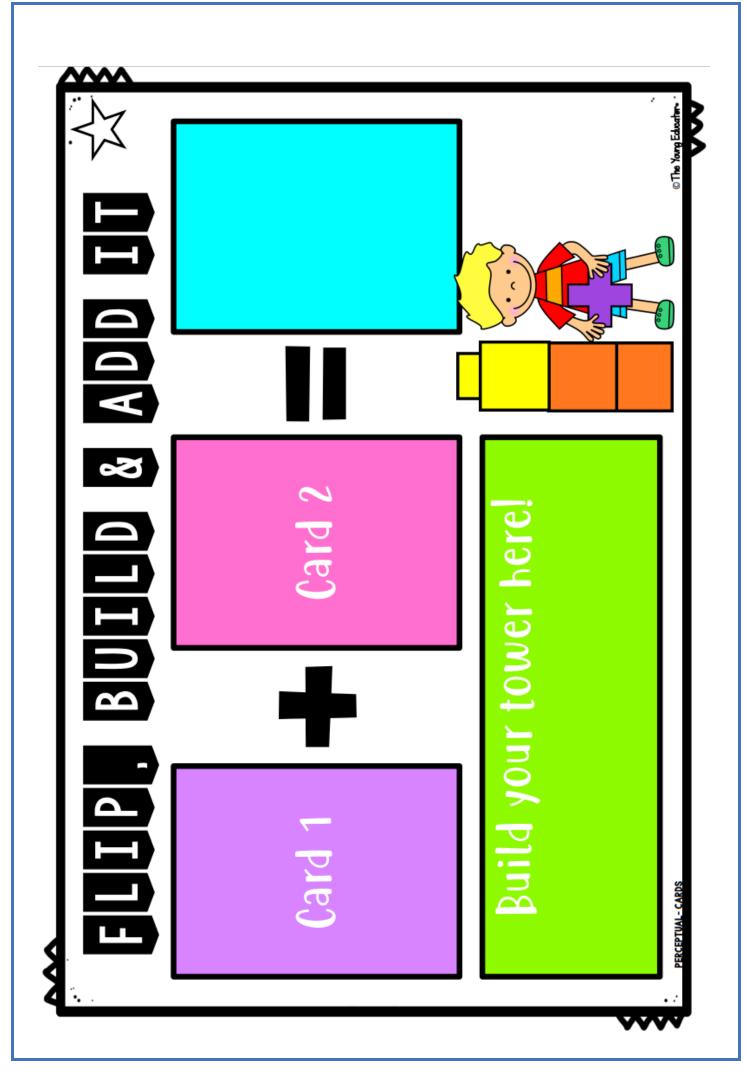
Adjectives and nouns

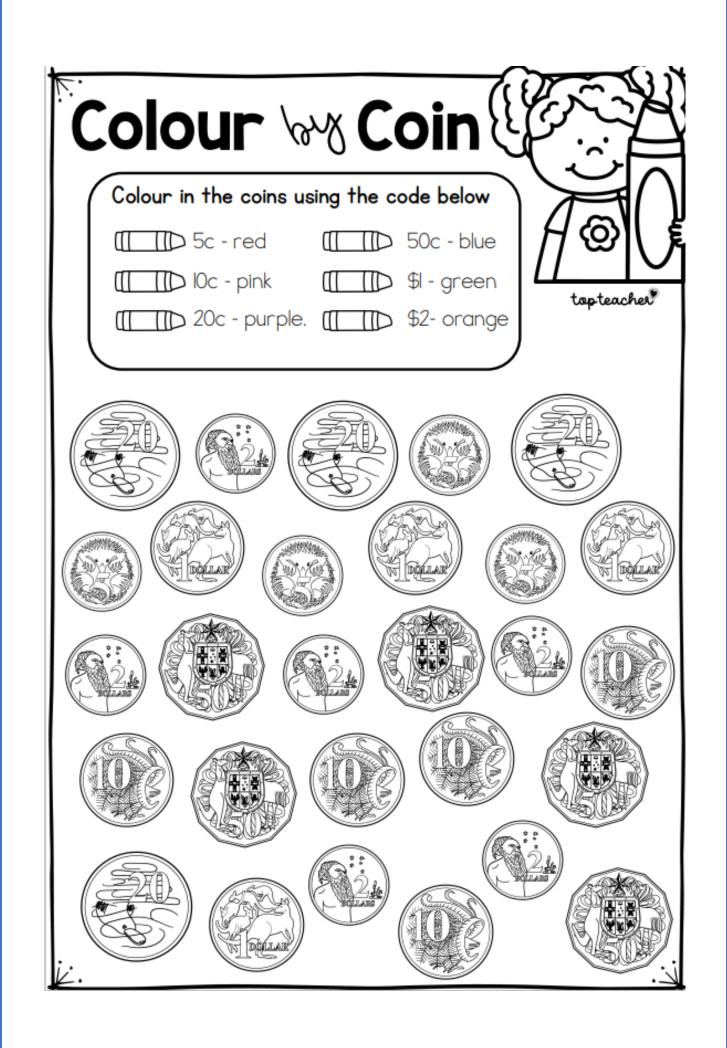
Remember an adjectives is a describing word. It describes a noun. A noun is a name of a person, place, or thing. Here is an example —

> My lovely grandmother is taking me for a walk. lovely— adjective grandmother – noun Complete the following tasks on adjectives

Name: Find an Adjective Read the sentences and highlight all the adjectives. It is a pretty flower. 2. I have a green apple. 3. My little dog likes to play. Dad gave me a yummy cake. 5. It was a hot day. 6. Kayla's dress is purple. 7. The green snake is long.







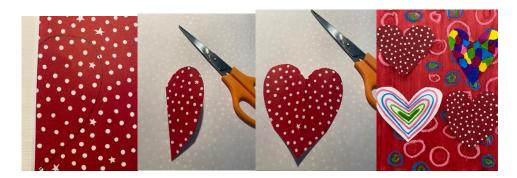
Art Lesson

Jim Dine is an American artist who like to paint hearts. Look at some of his hearts.



Look at the background. Sometimes the background is the same as the heart and sometimes it is different colours. You can use whatever you have at home to colour your heart – textas, paint or coloured pencils. Maybe you want to paint your background and then cut out a heart from different coloured paper to glue on top of your background. Your mum or dad or big brother or sister might be able to help you with the shape. Here is a clue fold your paper in half and draw one half of the heart on the paper, cut it out and open it up and you will have a heart. If you have a lot of energy you might like to divide your paper into four parts and

make four different hearts like the last picture.



Here is my artwork. What will yours look like?

WEDNESDAY - English Spelling

- Sound of the week "ar"
- Watch the following video on the 'ar' sound <u>https://youtu.be/0Vywhf7cF7Q</u>
- Complete the 'ar' worksheet.
- Play Fluency Zap!
- Complete the alphabet handwriting sheet. Make sure you are forming all letters correctly.

Reading and Writing

- Complete the sentence of the day activity. Write a sentence about a park. Use adjectives to describe the park.
- Complete the adjectives activity on Puffins.
- Complete the star words and handwriting activity.

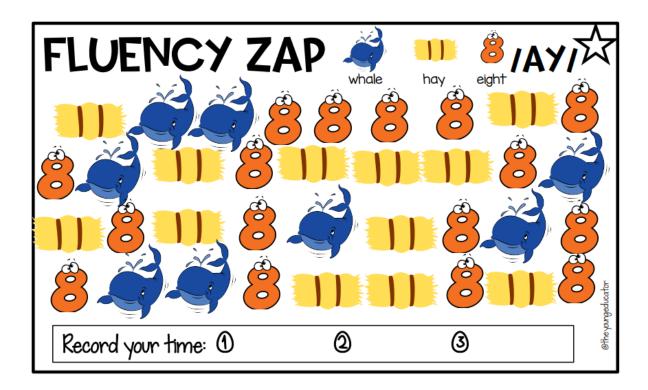
WEDNESDAY - Mathematics

- Play 'How many more to make 10?' Count the fingers and imagine on your own hand how many more to make ten. Write the answer in the box.
- Complete the colour and make activity. You must do the \$1 worksheet and may do the \$2 worksheet.
- Complete some of the assigned activities on Mathletics.

WEDNESDAY – Music

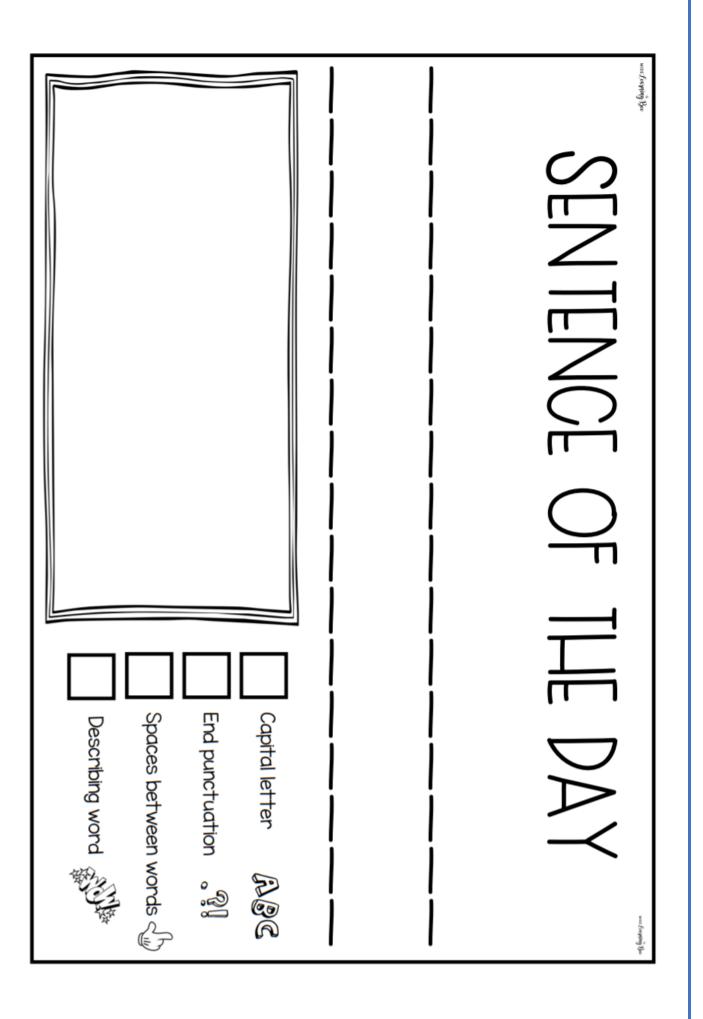
• Complete the music activities from Mr Cronin.

Date: Name: car car bar bar jar jar card card park park car dark C C h $_{-}m$ _n p The card has a car on it. Studyladder



How fast can you say all the picture names? Time yourself.

Writing the Alphabet 3 20 • 2 0.2 2+ 1 ---TeachStarter.com

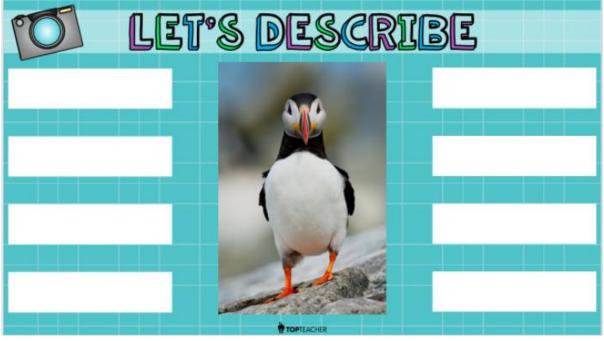


Have a family member read the information on puffins on World Book online.

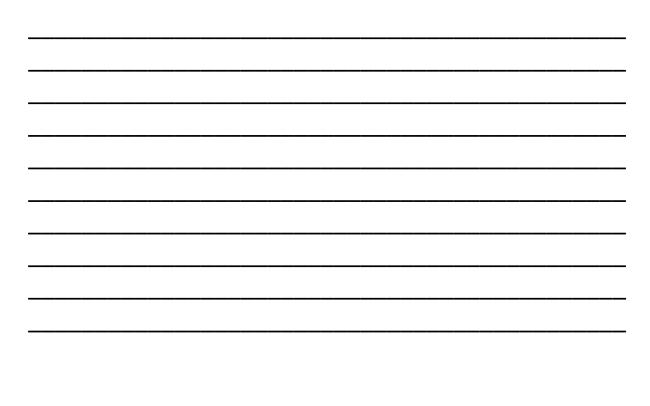
Username: tnps Password: tnps

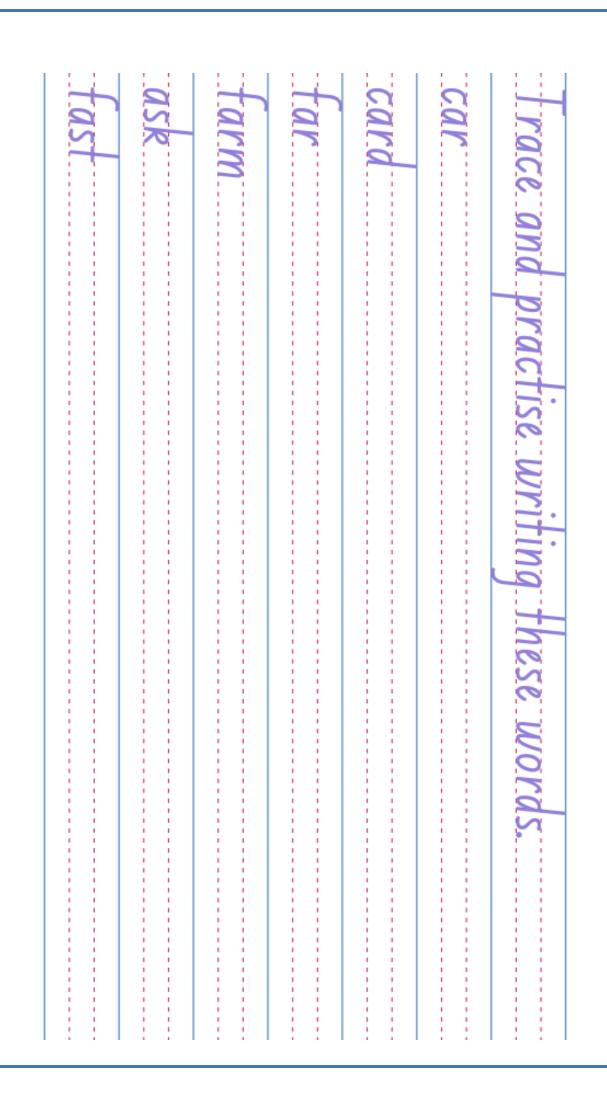
https://www.worldbookonline.com/kids/home#article/ar831278

Write words to describe the puffin.

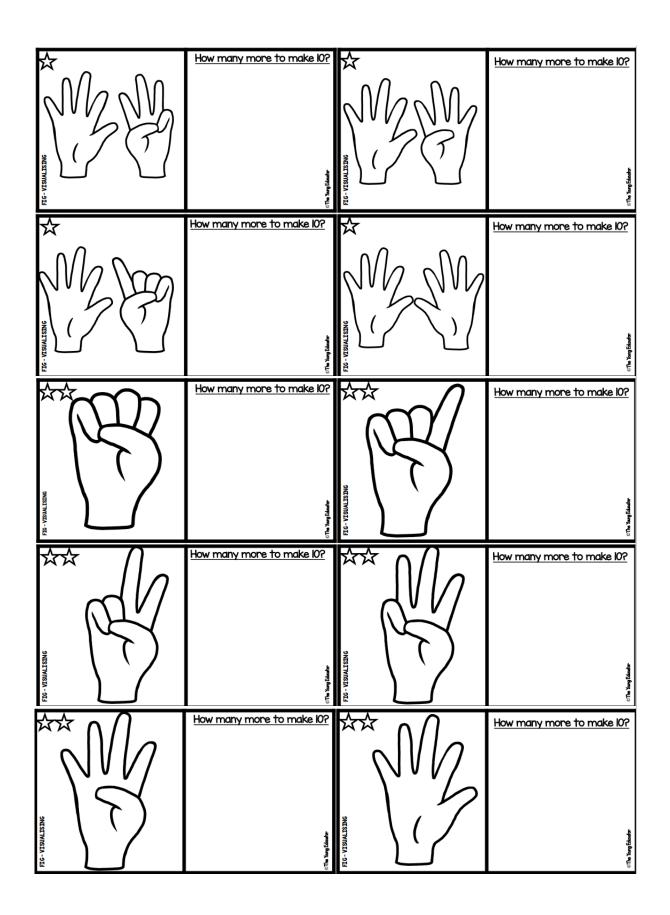


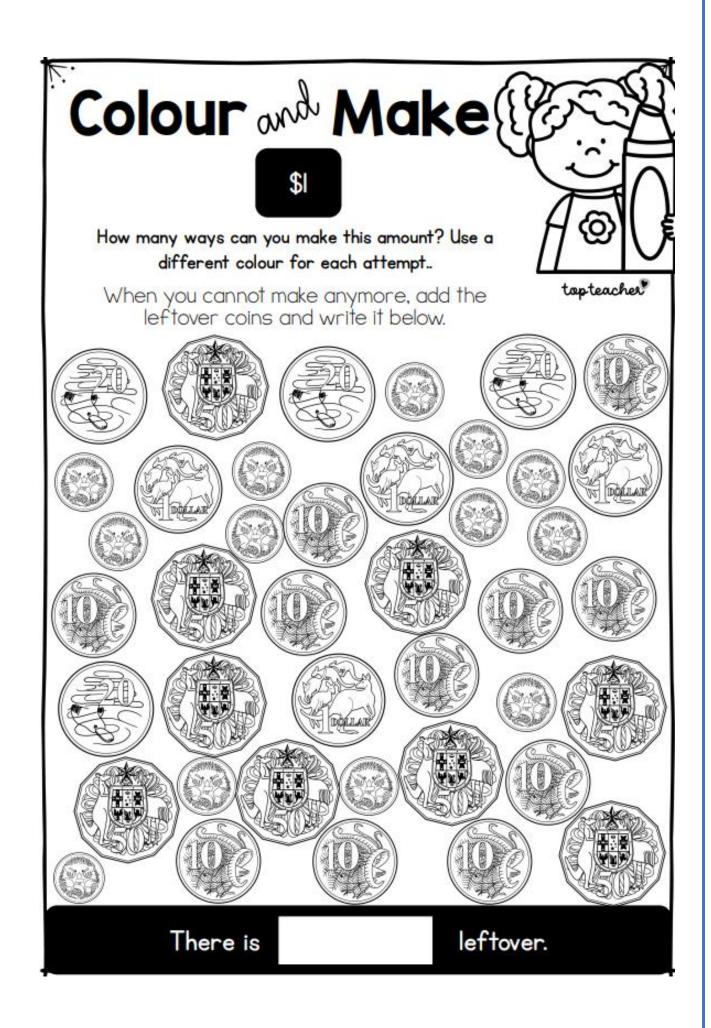
Write some sentences about the puffin bird. Use your describing words.

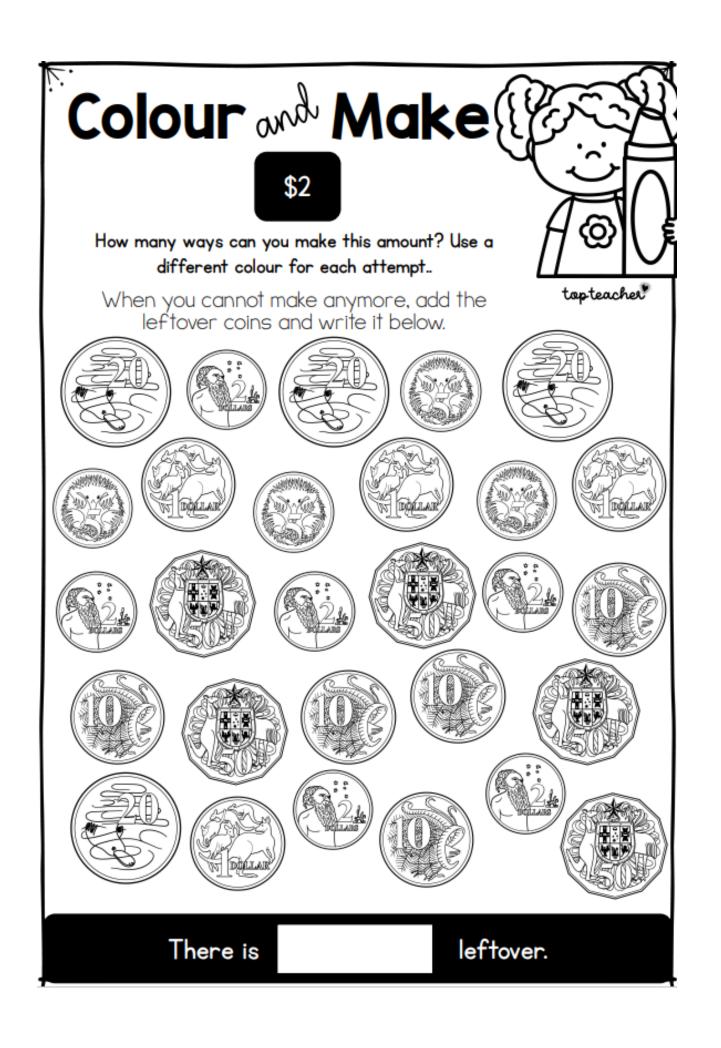




 	_		 						
					1.1				
					1.				
		1.1			1		1		
			11		1.1		1.1		
1 1 1		1.1	5 5 5		1.1	1.1	1.1	1.1.1	
		- i - i -	i i .		÷		1 I.		
			1 1		1.				
1 i i		i i	i i	- i -	÷	1.1	1 - I	- i - i - i	i i i
			: :		1				
1 1		1.1	i i .	1	1.1	1	1.1	- i i i	
					1				
1.1.1		1.1		1	1	1.1	1.1	1.1.1	1.1.1
			11		1.1		1.1		
1 1 1		1.1	5 5 5		1.1	1.1	1.1		
1 1 1		- i i	i i -	1.1	÷		1 - I	- i i i	S
					1				
1.1		1.1			1		1		
					1.1				
			1		1.1		1		
					1.1				Use these ar words i
		1 1	1	1	1		1		0
			i i .		1		1.1		3
			1		1.1			car farm	
- i i		i i	i i	- i -	÷	1.1	i -	2	
					1.		1		
		1.1			1			1.1	
1.1.1		1.1	5 5	1.1	1.1		1	1.1.1	
					1.1		1.1		
		1.1	: :		1.1		1		
i i		i i	i i .	1.1	1		1 - I		
					1.1			<u> </u>	
1 1		1 1	1 I I	1	1.1		1	1	
					1.1			\mathbf{N}	0
1.1.1		1.1	1.1	1.1	1.0	1.1	1.1		
		- i i i	1.1		1.1		1.1		
			1 1		1				
1 1 1		- i - i -	i i .	1.1	÷	1.1	1 - I	i i	
			: :		1			2	
1 1		1 1	1 I I	1	1		1	5	
					1.1		1.1		\sim
1 1 1			1 1		1.1		1.1		
1 1 1		- i i	i i .		÷		1 I.	1 1	
			1		1.1			ask fast	n sentences.
					1.1				
			1 1				1	$\mathbf{\Sigma}$	
					1.		1.1	5	0
		1.1	1 1		1.1			- 1	
		1.1.1	i i .		1	1 i -	1		
			1		1.1				\mathbf{S}
		1.1			1			1.1.1	
					1.1				
		1.1	1	1	1	1	1		
			1		1.1		1.1	1.1.1.1.1.1.1	1.
		1.1	1	1	1.1		1		
			: : ·		1.1		1 - E	1.1.1	
			1		1.1				
1 1 1		1.1	i i	1 i i	1.1		i -	1.1.1.1.1.1	1.
			1		1.1				
					1				i i
					1.1				
1.1.1.1		1.1	1 I I	1.1		1.1	1.1	1.1.1	1.1.1









This week we are learning about Carnival, a huge festival that comes from a country called Brazil.

The music has lots of drums and maracas, singing and trumpets. Here are two Brazilian Carnival Dances to try. <u>https://www.youtube.com/embed/q-Q6p2rwu1o</u>

SAMBA SHAKE



https://www.youtube.com/embed/KkEdN_jaOSM





Fruity Samba

Make a maraca using a plastic bottle and some rice. Shake your maraca to the beat with the Fruity Samba song <u>https://www.youtube.com/embed/NOpQZ95OXR8</u>





Learn some actions to do with Fruity Samba: https://www.youtube.com/embed/XJ0xeQ7xva8





Watch this video to learn about all the different drums used in Samba Music <u>https://www.youtube.com/embed/Adw8u6gL2HE</u>





Next week when you come back to school you may like to wear a mask to help keep you safe.

Let's revise the Superhero Mask song.

https://www.youtube.com/watch?v=wr8QlbfN1-4





Have Fun 😊

THURSDAY - English Spelling

- Sound of the week "ar"
- Watch the following video on the 'ar' sound https://youtu.be/0Vywhf7cF7Q
- Complete the 'ar' worksheet.
- Create a funny story using as many ar words as you can. Write this in your workbook.
- Complete the alphabet handwriting sheet. Make sure you are forming all letters correctly.
- Make a pirate hat using the attached information and piece of paper and wear it to our afternoon zoom today!

Reading and Writing

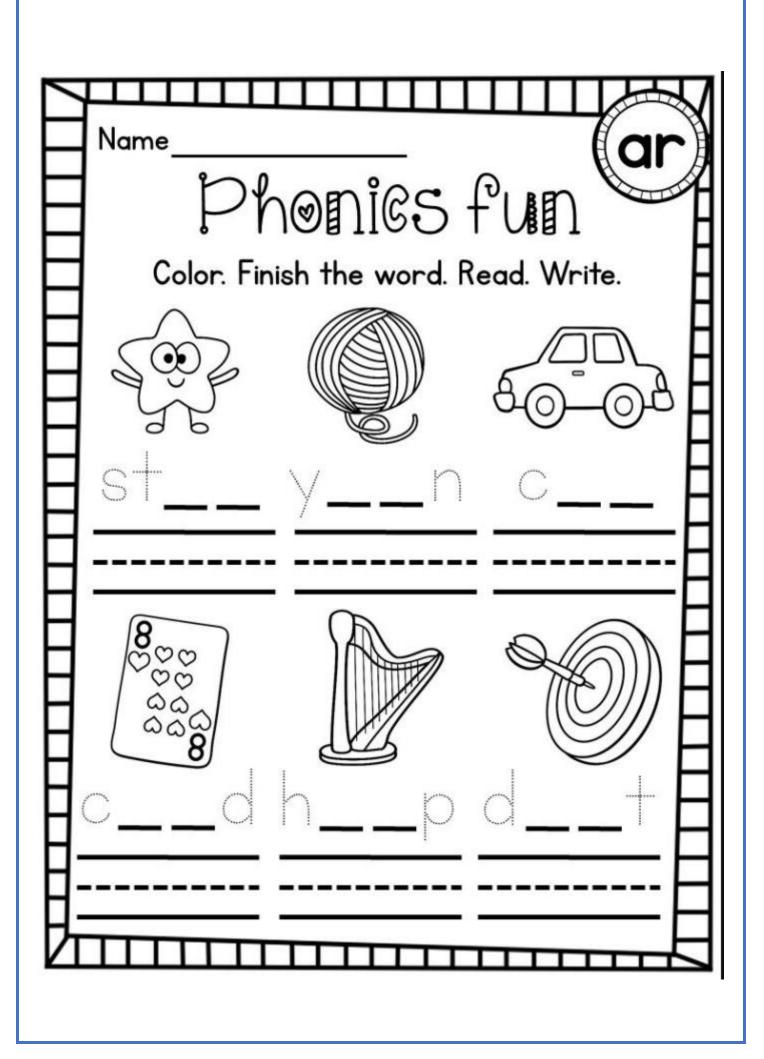
- Complete the sentence of the day activity. Write a sentence about a car. Use adjectives to describe the car.
- Complete the capital letters for days of the week activity.
- Complete the unjumble sentences and riddles activity.
- We will be completing the fruit break activity together on Zoom.

THURSDAY - Mathematics

- Complete the pets bar graph activity.
- Complete some of the assigned activities on Mathletics.

THURSDAY – PDHPE

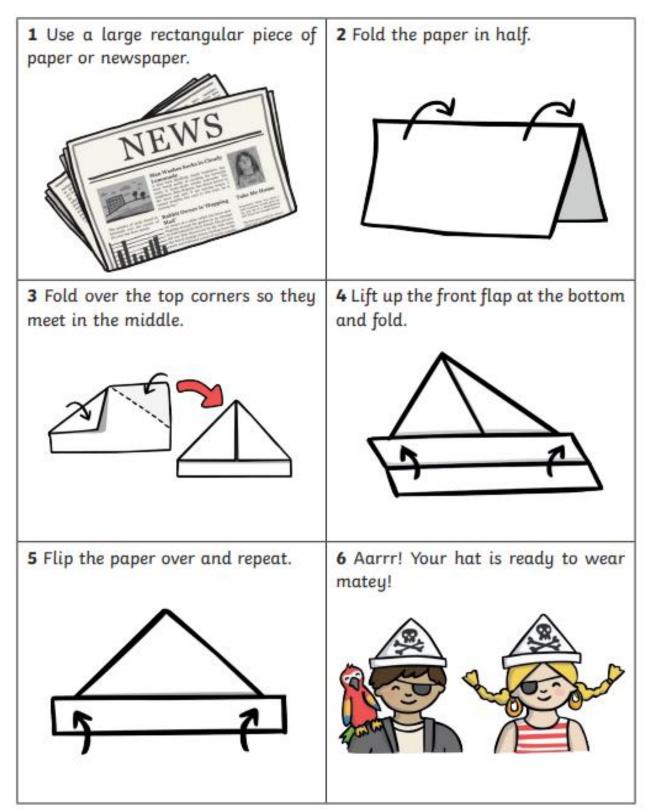
• Complete the PDHPE activities from Mrs Deck.

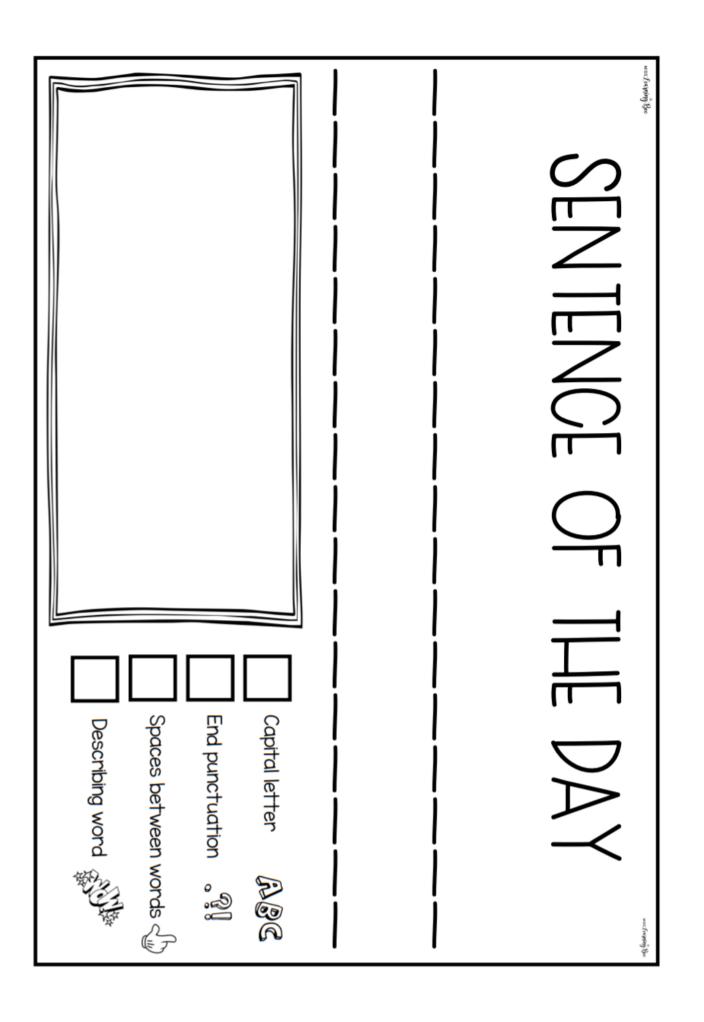


Writing the Alphabet 3 20 • 2 0.2 2+ 1 ---TeachStarter.com

Use the piece of paper in the pack for this activity. You can decorate it however you like.

How to Make a Pirate Hat





Rule: Days of the week start with a capital letter.

Capital letters: the days of the week

Kindergarten Writing Worksheet

Read the days of the week. Re-write the days in order with the correct use of capital letters.

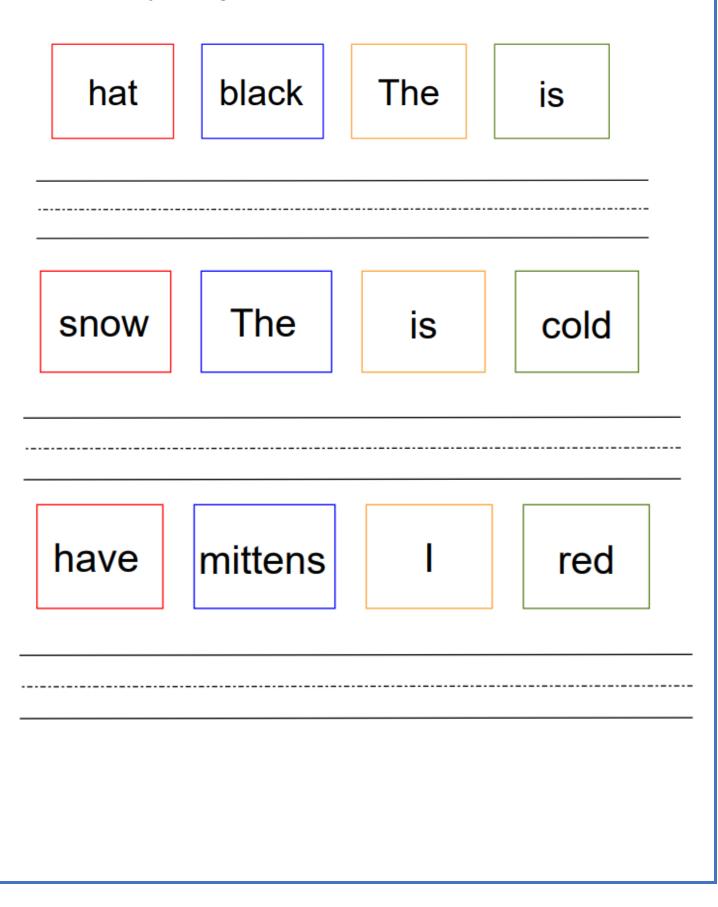
uesday sat				
thursday	sund	lay	wedn	esday
1				
_				
\mathbf{O}				
Z				
-				
J				
4				
D				
6				
O				
7				

Unscramble the Sentence

Remember to put a capital letter at the beginning of the sentence and a full stop at the end.

Kindergarten Writing Worksheet

Read the scrambled words. Put them in order to make a sentence. Write the sentence on the line. Draw a picture to go with the sentence.



Matching sentences and answers using riddles

Kindergarten Reading Comprehension Worksheet

Read the sentences and write the answer to the riddles.

I am in the water. I can be paddled. What am I?	
I am in a bathroom. I clean your teeth. What am I?	
I am big and yellow. I take kids to school. What am I?	
SCHOOL BUS D	
bus toot	hbrush boat

What you should eat for Fruit Break

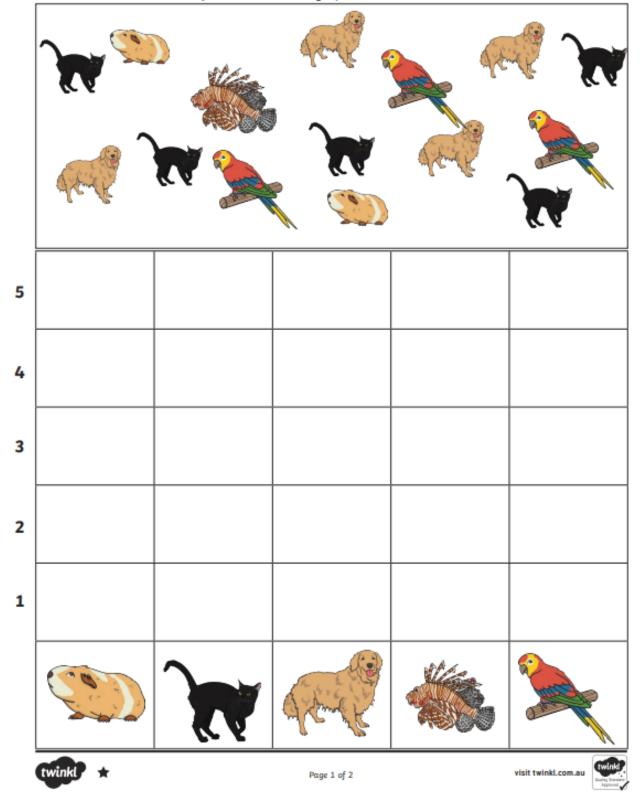
Introduce your opinion of what fruit you should eat for fruit break:



Reason 1:	Reason 2:	Reason 3:

Pets Bar Graph

Some children were asked about their favourite pet. Complete the bar graph using the information below and then answer the questions about the graph.



Questions

1. How many children took part in the survey?

2. Which animal is the most popular? Colour the picture of the animal which occurred the most.



3. Which animal is the least popular? Colour the picture of the animal which occurred the least.





visit twinkl.com.au

Early Stage 1 PDHPE

<u>Week 2 - Identifying safe places to play and rules to keep us safe</u> During this activity you will identify and explore safe places to play. You will also identify school playground rules that help keep you safe.

<u>Activity 1</u> – Discuss with your teacher or parent/carer safe and unsafe places to play. Explain what makes each place safe or unsafe. For example, it is safe because the teacher can see me.

<u>Activity 2</u> - Draw one safe place where you play. Make sure you include the features that make your place safe to play. For example, a teacher watching, gates around the playground.

Draw your picture in the space below.

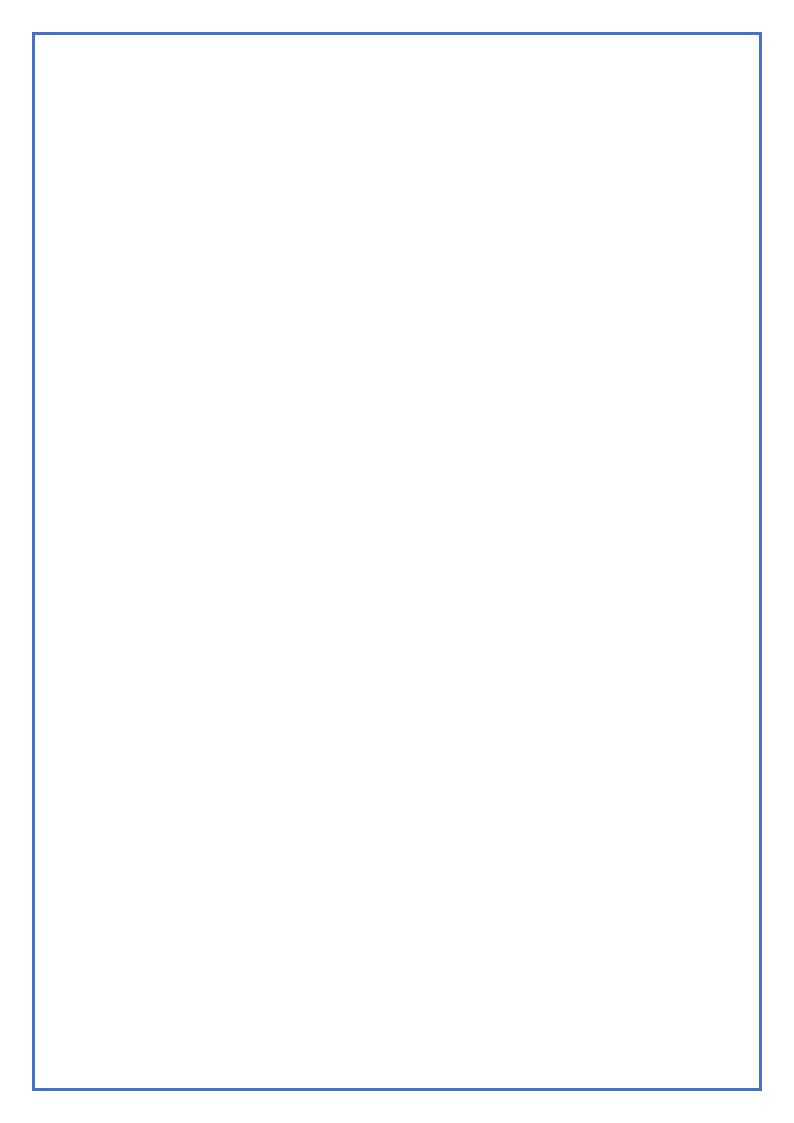
Activity 3 – Discuss with your teacher or parent/carer what makes this place safe?

Activity 4 – Discuss with your teacher or parent/carer what makes a school playground safe.

Activity 5 - Write 3 playground rules that keep you safe.

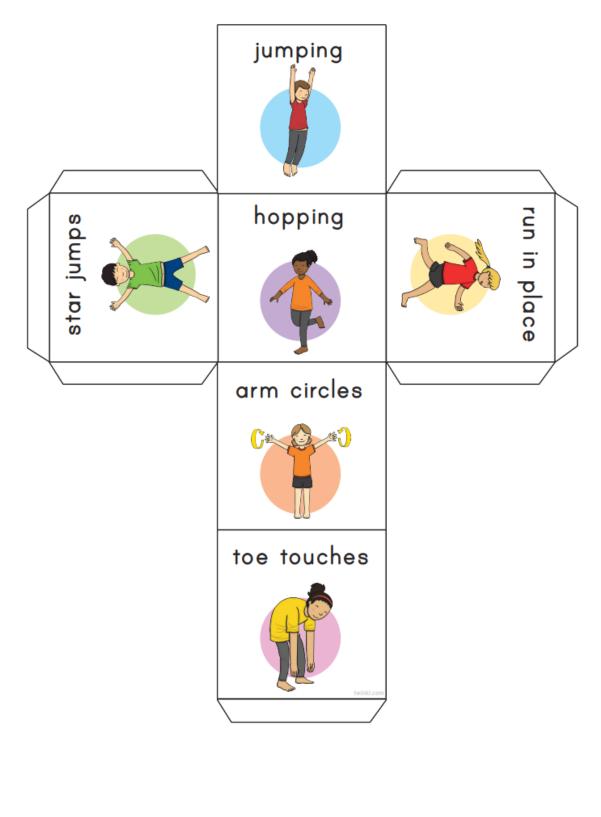
Table 3 School playground rules

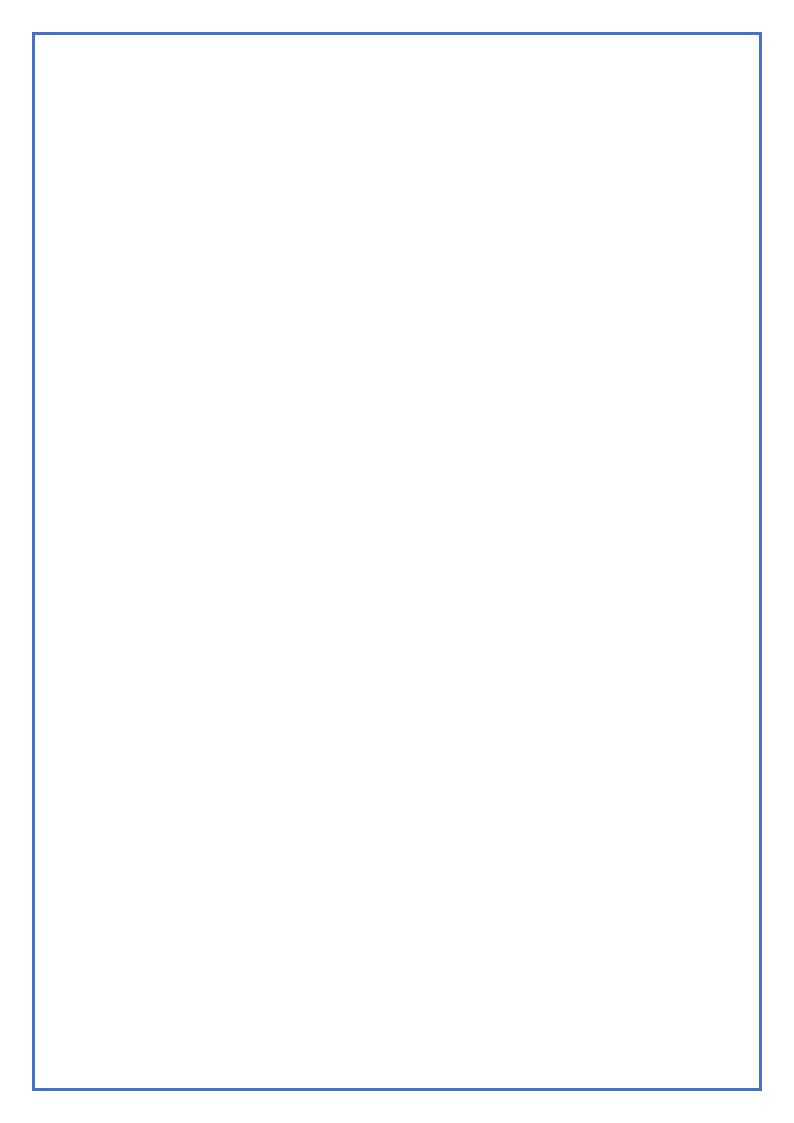
School playground rules
1.
2.
3.



Activity 6 - PE Activity Roll and exercise Gross Motor Activity Dice Ask a parent, care-giver or teacher to help you cut around the outside of the cube and glue it together. Once made you can roll the dice and perform the exercise that is displayed. Try to complete each activity for 20-30secs. Complete 10 rolls.

Gross Motor Roll and Exercise





FRIDAY - English Spelling

- Sound of the week "ar"
- Watch the following video on the 'ar' sound <u>https://youtu.be/0Vywhf7cF7Q</u>
- Complete the 'roll and read ar words'. Have a go at writing these words in your workbook as you roll them.
- Complete the alphabet handwriting sheet. Make sure you are forming all letters correctly.

Reading and Writing

- Complete the sentence of the day activity. Write a sentence about a party. Use adjectives to describe the party.
- Complete the adjectives and opinions activity on doughnuts.
- complete the activities on Charlie and Lola.

FRIDAY - Mathematics

- Complete the position worksheets.
- Complete some of the assigned activities on Mathletics.

FRIDAY – Dance and Fun Friday

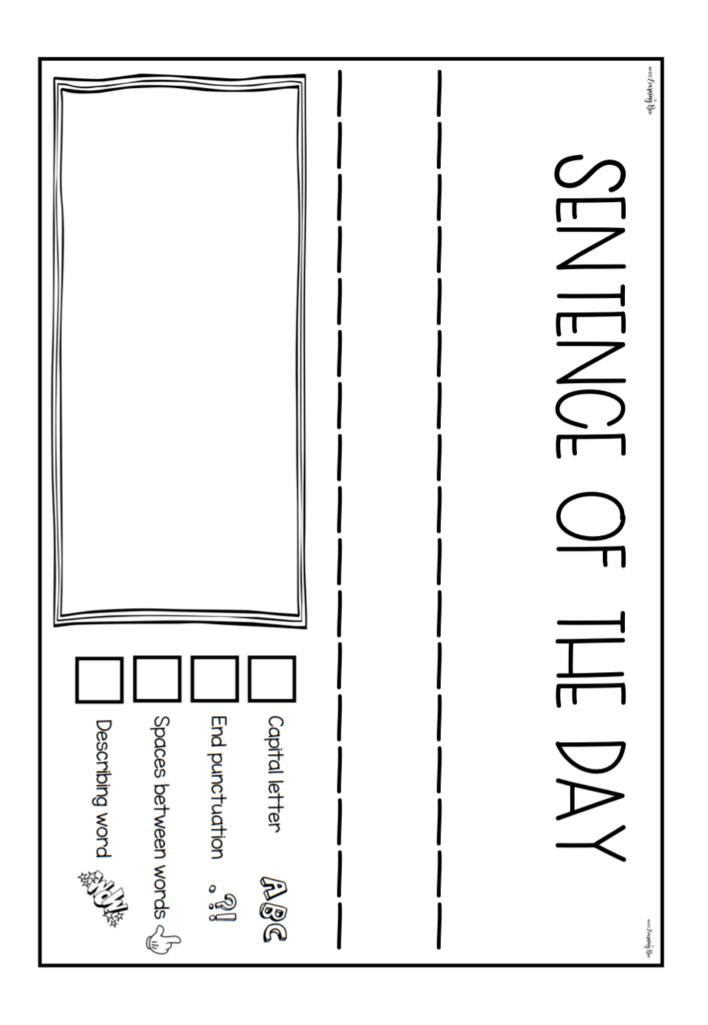
- Complete the Footsteps dance activity.
- Complete some of the activities from the grid.

Phase 3 Roll and Read - ar

•	bαr	car	bark	card	cart
•	hard	ja	park	Mark	shark
••	car	card	hard	park	shark
• • • •	Mark	jar	card	bark	bar
	bark	hard	Mark	shark	cart
• • • •	shark	car	bark	hard	jar

twinkt www.twinkl.co.uk

Writing the Alphabet 3 20 • 2 0.2 2+ 1 ---TeachStarter.com



Watch Emma and Kate make doughnuts at home https://www.youtube.com/embed/l9sZyxqaj1c

Write words to describe doughnuts.



Do you like doughnuts? Which is your favourite? Write a sentence about your favourite doughnut. Then write one or two reasons why it is your favourite doughnut.

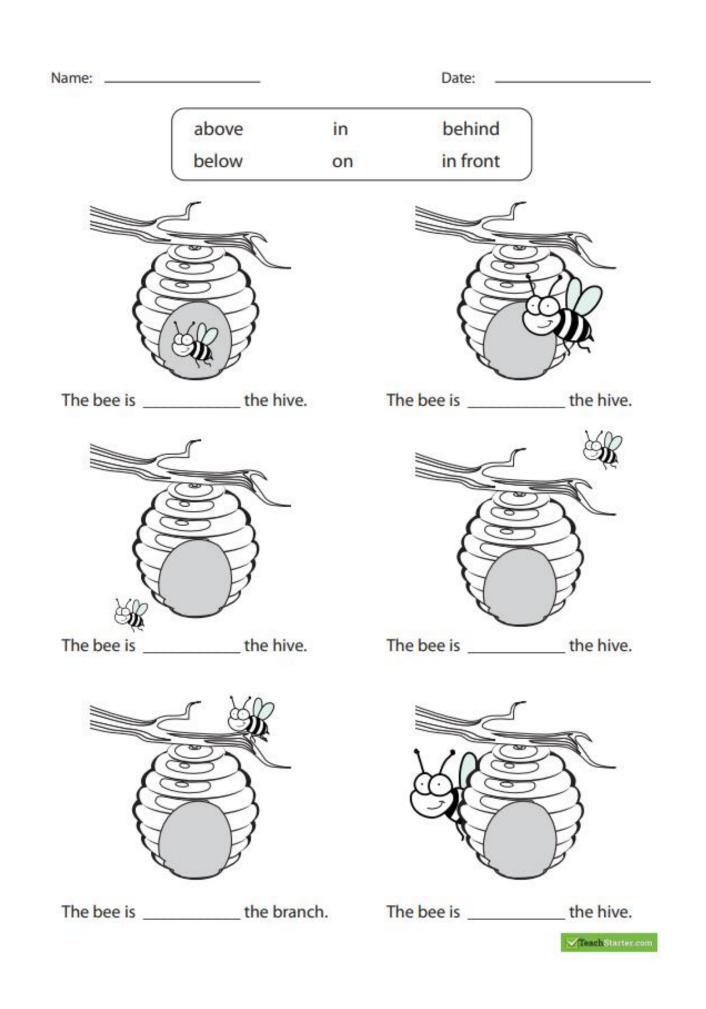
My favourite doughnut is

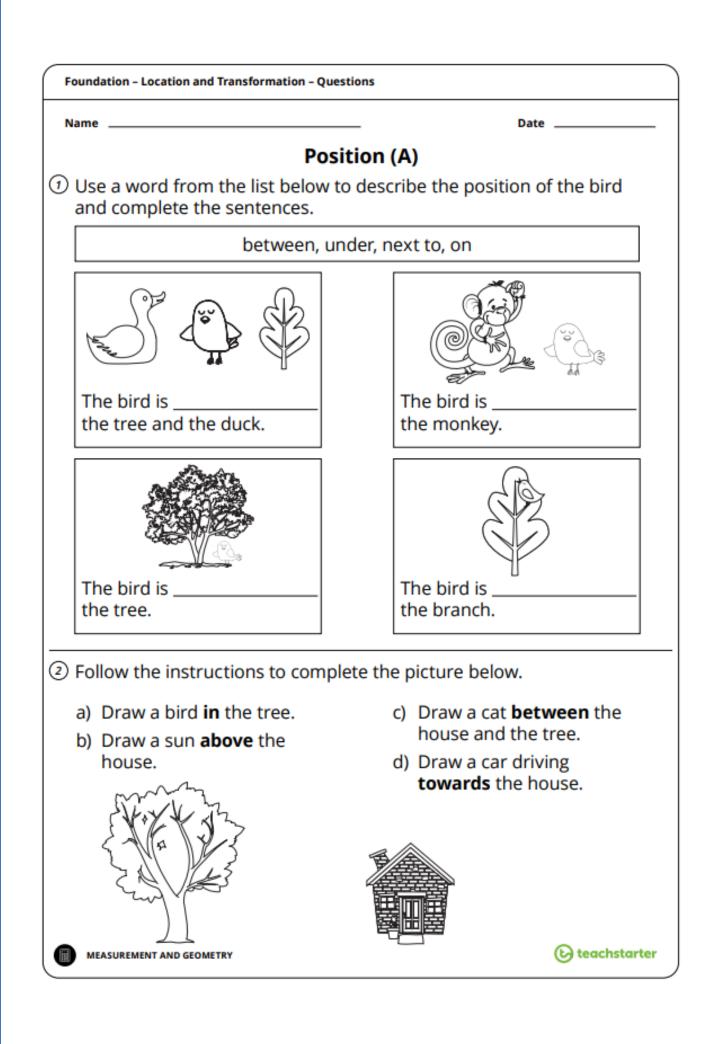
I like

doughnuts because _____

	Friday - Rewatch the story rlie and Lola - I will not ever, never eat a tomato!' ww.youtube.com/watch?v=P3CdrVN3kgE
Name	"I Will Never Ever Eat a Tomato 2 nd Read Date:
	How did Charlie get Lola to eat her vegetables? , a picture and write a sentence about your picture.







<u>Footsteps Friday!</u> There will be no afternoon zoom meeting with your teacher today. Instead join Footsteps for our weekly dance session.

Kung Fu Panda

- https://vimeo.com/435581186/1839ff357d

We will practise the dance when we get back to school next week.

Today I tried my best Image: Comparison of the system Image: Comparison of the system Image: Comparison of the system I like dancing Image: Comparison of the system I was a good listener in dance Image: Comparison of the system I did what the teacher asked Image: Comparison of the system I put my hand up when I answered a question Image: Comparison of the system Image: Comparison of the system Image: Comparison of the system Image: Comparison of the system

Kung Fu Panda

Write a recipe for happiness. What are the essential ingredients you need to include?	2 Design the front cover of your own recipe book. What will you call your book and how will you make it stand out?	3 Get revolting! What is the most disgusting menu you can think of? Design and create your own revolting menu.	4 Make your own chef's hat. What will you use to make it? Newspaper or something else?	5 What makes a good friend? Can you write a recipe with the key ingredients?
Create a recipe for a superhero. What do you need to mix together and how would you do it?	7 Make a model of your favourite pizza. Use bits you find around the house. What toppings will you include? Bottle top pepperoni perhaps?	8 Write a song or rap about your favourite food OR about your least favourite food.	9 Draw a picture of the best dessert you can possibly imagine!	10 What do you need to make a healthy human? Draw a diagram to explain.
11 Start a food journal. Write down your favourite meals, ingredients and recipes. Are you eating healthily enough?	12 Imagine you need to make a cake for a special event. It needs to have 5 layers of different flavours. Design and label how it would look.	13 Word search fun! Create your own word search using words on the topic of food or cooking, then ask someone to complete it.	14 Imagine you discovered a new type of fruit! What would you call it? What would it look like and taste like? Write a description.	15 If you had your own restaurant, what would it be like? Would it have a theme? Make a model of it using things you find around the house.
16 How would you create a united community? Write down your method and the ingredients you would use.	17 The perfect teacher! Write a list of the ingredients you would need to make the best teacher in the world. perhaps you know one already?	18 Grow your own. Can you save the seeds from something you eat and plant them to grow your own?	19 Get baking! Find a recipe you like and have a go at completing it. What will you make? Biscuits, pancakes, fruit salad or something else?	20 Healthy body. Exercise is just as important as eating well. Can you create your own daily workout routine and try it out?
21 How many words can you think of that rhyme with COOK? Write a list.	22 Rainbow foods. There are 7 colours in the rainbow. Can you think of a food that's the colour of each one? Draw a picture to show these.	23 Potion power! Imagine you have the power to create a potion. What would your potion do and how would you make it?	24 Alphabet food! Can you name something you would find in the kitchen that starts with the letter a,b,c and so on?	25 Put on a show! Can you put on a cookery show? Explain what you are doing at each step so it's simple for others to follow.'