

**Monday 22.06.20**

**Year 4**

## **English**

Today's English lesson is a reading comprehension activity based on a Guinness World Record. Read the information, article or story and answer the questions about it in your books. Remember to use full sentences to record your answers. At the end of the questions there is a 'Beyond the Record' challenge. This is optional so please don't feel you need to do it, however if you are interested in finding out more then these challenges are a great way of extending your learning. Today's comprehension activity is about the record for longest time spinning a basketball on a head or finger.

## **Maths**

We are continuing to use the White Rose videos and resources to support your learning this week. Remember, there is a slight change to how this works. The video is available on the [White Rose website](#) but the worksheet will have to be downloaded from the school website. There are also additional resources available from the [BBC Bitesize website](#) that will match the learning.

Make sure to watch the video first then have a go at activity.

Today's lesson is

Summer Term - Week 9 - Lesson 1 – Pounds and pence

## **Science**

Investigation

What can you remember from last week... What are the 7 nutrient types? What are the 5 food groups? What is an example of a food for each?

Today we are going to investigate some foods to find out what nutrients they give use. How can we find out? If it is something made by a company (as opposed to fruit or veg which is grown) when they sell it they have to show the nutritional information on the package. Have a look at some of the packaged foods in your kitchen cupboards. Notice that not all food gives us all the information. However, there are some key facts that almost all foods show us. Energy (recorded as calories), protein, carbohydrates, fat, fibre and salt (sodium).

Gather together a range of packaged foods. Can you predict which ones will have the most of each of the nutritional groups?

Children between the ages of 7-10 should have no more than 24g of sugar a day and no more than 5g of salt a day. Can you see how much of that amount each of the foods give you?

Fill in the fact sheet to record the type of food you are investigating and the amount of each nutrient it contains.