

Kayaks Literacy for

22nd June

23rd June

24th June

25th June

26th June

There is one page for each day

Try some Spellodrome activities – you need to use your Mathletics password

(it is the same password for Mathletics and Spellodrome)

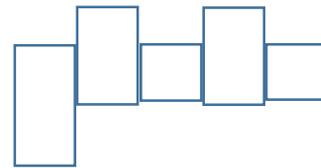
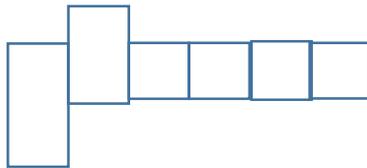
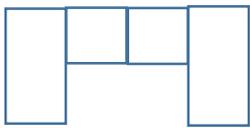
Literacy 22.6.20

Which words contain the 'pr' sound? Which words contain the 'pl' sound? Which words contain the 'ph' sound?



Think of 3 of your own words with a *pr* sound, 3 with a *pl* sound and 3 with a *ph* sound. Note: The sound doesn't have to be at the start. For example, *dolphin*.

Which *pr/pl/ph* word fits into the shapes?



Recap - The prefix 'mis' has a negative meaning. It means wrong. For example, *misplace* means putting something in the wrong place.

miscalculate *miscount* *misunderstand* *misspell* *misplace* *misbehave*
misfortune *misuse* *misinterpret* *mislead* *mishear* *misread*

Complete the sentences with the missing 'mis' word. Read through and check that it makes sense. Note: you can only use each word once and some words may not be needed at all.

1. Do not _____ in class or you'll get into trouble.
2. I _____ my lines in the school play.
3. Many words are easy to _____.
4. Young children often _____ after 10.
5. Did you _____ me as I didn't say that?
6. Don't _____ what I'm trying to say.
7. Try not to _____ the cost of the wedding.
8. Do not _____ the computers in the ICT suite as they are very expensive.
9. My instructions were not intended to _____ anyone.
10. He had the _____ to fall over twice in one day.

Look at these 'tion words. Think about their root words. Can you sort them into the correct heading?
Injection, mention, action, question, position, translation, attraction, solution, devotion, invention.

No definite root word	Root word ends in 't'	Root word ends in 'te'

Read this first section on how to stay healthy.

How Can We Stay Healthy?

There are lots of things we can do to stay healthy and to keep illnesses away. Changing what we eat and how much we exercise we do can help us to improve our health. Read on for lots of useful facts and tips to help you to be the healthiest you can be.

Food and drink

All living things need food and drink to survive. The type of food we eat and the types of drinks we have are important.

Food Types

There are six groups of food. These are fruit and vegetables, starchy foods, meat, dairy, fats and sugary foods. Some of these foods are better for us than others.

Add two **adjectives** to describe the noun.

Give an example food for each food type and use two adjectives separated by a comma to describe it. For example: **fresh, mouth-watering** melon.

Fruit - _____, _____

Vegetable - _____, _____

Starchy food - _____, _____

Meat - _____, _____

Dairy - _____, _____

Fats and sugary food - _____, _____

Draw lines to join the two simple sentences together.

It is important to eat well.	You feel thirsty.
We can have junk food.	We can maintain our health.
Do not drink fizzy drinks.	We go to bed.
We should brush our teeth.	We are good the majority of the time.
Meat and dairy is good for us.	They are not good for you.
It is necessary to drink water.	We shouldn't eat too much of it.

Create compound sentences by choosing **conjunctions** from the box below to join the two simple sentences you have matched above. Note: you can only use each conjunction once and some will not be needed at all.

because when after before although while so but if

Extension: With the remaining 3 conjunctions from the box, write a paragraph about some of your favourite and least favourite foods. Can you convince me why they are nice/not nice using a range of interesting adjectives?

Literacy 24.6.20

Read about the six food types. However, the capital letters and full stops are missing. Where should they be? Hint: There should be 10 capital letters.

Fruit and Vegetables and Starchy Food

fruit, vegetables and starchy foods are very good for us because they contain vitamins and minerals vitamins and minerals help our bones, skin and muscles to stay strong and healthy we should try to include these in every meal and to eat them as snacks you could swap your chocolate snack for a **crunchy** apple or try a **juicy** pear.

Meat and dairy

meat and dairy food like cheese and milk are also good for us but we shouldn't eat these more than two or three times a week meat and dairy foods help us to have **strong** bones and muscles a **cold** glass of milk with your breakfast or lunch is a **good** choice!

Sugary and Fatty Foods

foods like chocolate and cake are **yummy** but they are very high in sugar and fat this kind of food isn't good for us these foods should only be eaten as a treat no more than once a day

Replace the **adjectives** in the text with one of your own.

You could swap your chocolate snack for a _____ apple or try a _____ pear.

Meat and dairy foods help us to have _____ bones and muscles. A _____ glass of milk with your breakfast or lunch is a _____ choice!

Foods like chocolate and cake are _____ but they are very high in sugar and fat.

Select the most appropriate **adverb** from the list and complete the sentence after the **conjunction**.

Occasionally, always, regularly, generally

We should all _____ eat more fruit, vegetables and starchy food **because** _____

Meat and dairy food like cheese and milk are _____ good for us **although** _____

It is ok to eat foods like chocolate and cake _____ **but** _____

It has _____ been said that a balanced diet consists of the right food and exercise **if** _____

Circle the correct spelling

- 1) Were/where/we're lucky that there's so much choice these days. For example, even if you were/where/we're dairy intolerant, you can still get milk as there/their/they're are a lot of alternatives available.
- 2) Getting young children to eat well can sometimes be difficult as there/their/they're often a little fussy were/where/we're vegetables are concerned.

Extension: Can you write a paragraph of your own about the six food types? Try and include different adverbs and conjunctions in your sentences.

Literacy 25.6.20

Read about the healthy plate.

Healthy Plate

A healthy meal should have more fruit, vegetables and starchy food than anything else. The diagram shows how much of each kind of food should be on your plate.



This is a healthy plate

Drinks

The best drinks for staying healthy are water and milk. Fruit juices can be good for us but they can have a lot of sugar in them. Fizzy drinks are not good for us at all.

Add the **adjectives** to describe the noun.

A healthy meal should have more _____ fruit, _____ vegetables and _____ starchy food than anything else.

Starchy foods are things like _____ pasta, _____ rice, _____ bread or _____ potatoes.

_____ water or _____ milk are the _____ drink choices for staying healthy and for protecting our teeth.

Select the most appropriate **adverb** from the list and complete the sentence after the **conjunction**.

Unfortunately, unsurprisingly, obviously

Water is _____ a better drink than coke **so** _____

_____, not everyone likes eating fruit and vegetables **but** _____

_____, we might start to feel unwell **when** _____

Is it a question or an exclamation?

How often should I eat chocolate

Why are fizzy drinks bad for me

I never knew that

What are starchy foods

How shocking

I should have known better

Task: Can you come up with 2 question mark and 2 exclamation mark sentences of your own?

Extension: Can you design your own healthy plate? Remember that it must include all 6 of the food types. Think about how much of each food type is needed for it to be a healthy meal. Write a paragraph explaining your choices. Include adjectives, conjunctions and adverbs in your writing.

Literacy 26.6.20

Read this section about how exercise can help you stay healthy and then answer the questions below.

Exercise

To stay healthy, our bodies also need exercise. Exercise helps to keep our muscles strong. Children should have at least sixty minutes of exercise a day.

What kind of exercise?

Lots of fun things you already do are good exercise. Your heart should beat faster and you should be a bit breathless when you exercise. Some exercises you could try are:

- Riding a scooter
- Going for a walk
- Playing 'IT'
- Playing football
- Skipping
- Bouncing on a trampoline
- Dancing



Remember to use the right safety equipment and to exercise carefully.

Staying fit and well doesn't have to be difficult. You will be well on your way to staying healthy if you eat the right things and move more.

1) Why is it important to exercise?

Tick the correct statement(s).

To stay fit and healthy.

To use the right safety equipment.

To keep our muscles strong.

2) Children should exercise for an hour each day.

True or false ? How do you know?

3) What would happen if you exercise properly?

4) Name all the exercises from the list which do not need any equipment.

5) Can you name 3 other exercises you could do that are **not** on the list?

6) What safety equipment would you need to ride a scooter?

7) What's another word for 'carefully'?

8) Find two adjectives in the text.

9) Do you think you can still be healthy if you exercise every day but don't eat fruit and vegetables?

10) Plants and animals are also living things. Would they need to exercise to keep healthy? Explain your answer.