

Year 3 Reading Activities

Cooking in the Camp



Year 3 Reading Activities

What can you see in the picture?

What do the people in the camp use this equipment for?

There are pots on the cooker. What does this tell us?

What do you think is stored in the big blue bottle?

Do you think it's easy to keep the cooking equipment clean and tidy at the camp?

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Does the picture look like your kitchen at home?

How do you think the refugees feel about using this equipment?

Do you think you would like cooking outdoors all of the time?

There are no people in the photo. Where might they be?

What question would you ask the refugees about cooking in the camp?

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Write the definitions of each word below.

cooking	
equipment	
refugee	
asylum	
exile	
humanitarian	
migrant	
sanitation	
vagrant	

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Write sentences below using your newly learned words.

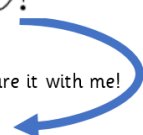
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Add the prepositions from the table to the sentences below.

in front of

on

behind

next to

The pots are the cooker.

The blue basket is the cooker.

The cooker is the tent.

The tent is the water bottle.

Add the adverbs from the table to the sentences below.

loudly

hungrily

slowly

sadly

She stirred the sauce .

He shouted, "Dinner is ready!"

Maya whispered , "I miss my friends."

The children waited for their lunch.

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Add the conjunctions from the table to the sentences below.

and	but	so	then
because	if	finally	after

Akram was feeling sad he missed his home. He missed his friends he missed his dad. Everyone he had met at the camp was kind to him it wasn't the same as being back home in the village.

His mum noticed he was having a bad day she decided to make his favourite camp meal: vegetable curry and rice. anything could cheer Akram up, it was food!

dinner, Akram's mum gave him a big hug.

the family shared funny stories about their life in the village. , it was time to go to bed. Akram dreamed all night about his home.

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Year 3 Reading Activities

Healthy Eating Meal Plan

When you are growing, it is important that your body gets the right nutrients. Your bones and muscles are developing, so they need certain foods and drinks to help them. You can make choices of what you eat and drink to help you grow healthy and strong.

Seven- and eight-year-olds need between 1,200 and 2,000 calories per day, depending on their height and how active they are.

Calories should come from:

- Fat – mostly healthy fats like the fats found in olive oil, fish and nuts.
- Carbohydrates – mostly wholemeal carbohydrates like brown rice and wholemeal bread.
- Protein – mostly lean protein, like fish or chicken.

Breakfast

A nutritious, balanced breakfast will keep you energized and satisfied all morning.

Why not try a fruit smoothie made with ice, strawberries, blueberries and bananas, or a bowl of porridge or yogurt with sliced apples and a sprinkle of cinnamon?

Lunch

Greasy foods like chips and burgers are okay to eat once in a while, but try to balance them with other healthier options, like carrot sticks or an apple. Keep your choices varied, fresh and tasty. A healthy lunch is high in protein, vegetables, fruit and fibre, but low in fat, salt and sugar. For example:

- A wholemeal turkey sandwich with lettuce and tomato, pretzels or wholemeal crackers, and fresh veggies with guacamole to dip them into
- or
- Chicken and peppers in a wholemeal pitta bread with a few cherry tomatoes and an apple.

Dinner

Helping an adult to prepare your food is fun. Challenge yourself to make healthy changes to your favourite foods! For example: if you love lasagne, make it with wholemeal pasta, just a sprinkle of cheese, turkey mince and plenty of veggies, like broccoli and mushrooms. Serve the lasagne with a large helping of salad. Here are some other ways to turn your favourite foods into healthier choices:

- Make a homemade pizza using wholemeal crust, chicken pieces and your favourite veggies, then top with a bit of cheese
- or
- Try homemade burgers made with turkey mince served in a wholemeal bread bun, with a side of 'veggie-fries' instead of chips.

Year 3 Reading Activities

Snacks

Try to keep snacks to two or three times a day. Eating crisps or sweets is fine, but try not to eat them every day! Some healthy snack choices include:

- Vegetable sticks
- Fruit
- Yoghurt

What we eat isn't all that's important! Think about what you are drinking, too. Don't always drink fizzy-pop and juice drinks – drink water instead! Water helps our body in many ways: It carries nutrients to cells; It helps to remove waste products from our major organs; it helps us to control our body temperature. Water is constantly being lost from our body (when we go to the toilet, when we breathe and when we sweat) so if we don't drink enough we become dehydrated. Dehydration can cause tiredness, headaches, lack of concentration, and dry skin. If you're taking part in sports or if the weather is warm it is important to drink extra water.

A balance of nutritious foods help you to grow strong and healthy. Eating a variety of nutritious foods can help you stay healthy for the rest of your life.

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1. Why is it important to choose healthy things to eat and drink?

2. When should you eat greasy foods like chips or burgers?

3. How many times a day should you have a snack if you're hungry?

4. What is the best thing to drink for your body?

5. What are the three types of food that most calories should come from?

6. What should your food be low in?

7. What could you eat instead of crisps and sweets?

8. Name one example of how water helps our bodies.

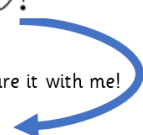
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9. How many calories per day should a seven- or eight-year-old have?

10. What should your food choices be?

11. Why do you think it would be good to swap chips for veggie-fries every now and again?

12. What can be the problem if you don't drink enough water?

13. How many calories should a tall, very active, eight year old have per day?

14. What would be a good way of balancing having a burger?

15. Why do you think making homemade meals instead of shop-bought food can be healthier?

16. Why is it important to eat a balance of nutritious foods?

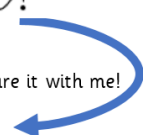
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Year 3 Reading Activities

Section A

Fill in the missing words from the sentences:

1. When you are it is important that your body gets the right nutrients.
2. A nutritious, balanced will keep you energized and satisfied all morning.
3. Greasy foods like chips and burgers are OK to eat once in a .
4. Try to make healthy to your favourite foods
5. helps our body in many ways.
6. A balance of foods help you to grow strong and healthy.

changes

Water

growing

nutritious

breakfast

while

Section B

Find the answer from the text:

How many calories should a seven-to-eight-year-old consume in a day?	
What three fruits does the recipe for a breakfast smoothie contain?	
What does the meal plan suggest you serve with lasagne?	
What should you drink instead of always drinking fizzy-pop and juice drinks?	
What can dehydration cause as well as headaches, lack of concentration, and dry skin?	
What should you do if you're taking part in sports or if the weather is warm?	

Year 3 Reading Activities

Determine whether each statement is true or false.

<u>Statement</u>	<u>True</u>	<u>False</u>
This meal plan is designed for children in Key Stage 1.		
Calories should come from fat, carbohydrates and protein.		
Always keep your meal choices the same, fresh and tasty.		
Try to make healthy changes to your favourite foods.		
Eating crisps or sweets is fine, try to eat them every day.		
Water is constantly being lost from our body (when we go to the toilet, when we breathe and when we sweat)		
Eating a variety of nutritious foods can help you stay healthy for the rest of your life.		

Section D

Support these claims with evidence from the text:

<u>Claim</u>	<u>Support from the text</u>
It is important that your body gets the right nutrients.	
Everyone should eat breakfast.	
Drink water.	
Eat healthy food.	

Year 3 Reading Activities

All about...

How Weeds Get Everywhere!

How come weeds get everywhere in our gardens? One minute your lawn can be lovely and green and the next minute it's covered - and I mean covered - in dandelions! Well, it's all to do with the clever way that plants reproduce and spread their seeds far and wide to keep their species alive.

Making the Seeds

So, how do the plants make so many seeds?

Most plants are made up of some female and male plant parts. Bees and other insects are attracted to the flowers because of their lovely smells and colours. While they are at the flower, they help move pollen around to fertilise the plant. Sometimes even the wind can help with moving the pollen around to the right places.

Once the plant is fertilised, the seeds can grow. When this happens in a dandelion, the yellow flower turns into what we call a dandelion 'clock'. If you look closely at a dandelion clock (also called a 'seed head'), it is full of dark coloured seeds with light, feathery, white tops that look like umbrellas.



Fact File

- A weed is only a plant that someone does not want in their garden. They can be very pretty!
- Nettles are used for making tea and medicines, so they are actually very useful.
- The world's largest weed is giant hogweed. It can grow up to 3.65m in height and have leaves that measure 91cm long.
- Some people think that if you hold a buttercup under your chin and the yellow reflects on your skin it means that you like butter.

Spreading the Seeds

So, how do the seeds get everywhere?

This is the clever bit...

As we said before, dandelions make lots and lots of seeds. They all have feathery, white tops that look like umbrellas. This makes the seeds brilliant at floating and flying through the air. So, all they need is the wind to carry them near and far. Before you know it, there are hundreds of seeds all over your lawn, which are all ready to germinate and make yet more dandelions. Other flowers and plants also have other clever ways of spreading their seeds, including putting them inside tasty fruit so that animals eat them. Eventually, the seeds come out of the other end in their poo and start to germinate.

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1. Name the world's largest weed.

2. Name something mentioned in this text, other than bees and other insects, that can move pollen around in the flower.

3. What is another name for a dandelion 'clock'?

4. What is a good thing that nettles can be used for?

5. What makes dandelion seeds good at floating in the air?

6. Name another way mentioned in this text, apart from the wind, that seeds can be spread around to germinate in other places.

7. How tall can the largest weed grow?

8. What does 'germinate' mean in the final paragraph?

9. In paragraph one, the author has written the contracted word *it's*. Write the full words without the apostrophe.

10. In the first paragraph, what does the word 'reproduce' mean?

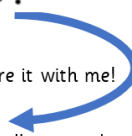
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Year 3 Reading Activities

David Walliams

Who Is David Walliams?

David Walliams is a comedian, actor and children's author. He is also a judge on a television talent show and writes scripts for television. David raises money for the charity Sport Relief, which helps people worldwide.



David's Childhood

David was born on 20th August 1971 in Merton, London. He was the youngest child of Peter Williams, an **engineer**, and Kathleen Williams, a **lab technician**. From a young age he loved dressing up and his older sister Julie would often dress him up in girls' clothes.

David went to school in Surrey, where his love of dressing up continued and his love of acting began. He was also on the school swimming team. Aged 11, he performed in his first school play wearing a dress and made the audience laugh. This was the moment he realised that what he wanted to do with his life was entertain people.

David the Actor

After studying drama at the University of Bristol, David changed his surname from Williams to Walliams because there was already an actor called David Williams! David finally got his "big break", co-writing and co-starring in a television show.

David the Author

David had a successful television career but he decided to try something new. He wanted to write a book with the message that it's OK to be different. In 2008, he published 'The Boy in the Dress' about a boy who loves football and wearing dresses. The book sold over half a million copies.



David has now written twelve chapter books for children and six picture books for younger readers, which have sold over eight million copies worldwide. His most famous books include 'Mr Stink', 'Billionaire Boy', 'Gangsta Granny' and 'Ratburger'. He often works with the illustrator Quentin Blake, who also illustrated Roald Dahl's books. Many of David's books have now been filmed for television and he

Year 3 Reading Activities

David Walliams

sometimes appears in these films as an actor!

Amazing Charity Work



David has raised a lot of money for charity through swimming. In July 2006, David swam the **English Channel** to raise money for Sport Relief. He swam 22 miles, the same distance as 700 lengths of an Olympic-sized swimming pool! He raised over one million pounds.

In September 2011, David swam the length of the river Thames (140 miles) and raised more than two million pounds for Sport Relief.

In 2017, he was awarded an **OBE** for his work in charity and the arts.

Glossary

engineer: A person who designs or builds machines, engines, equipment or bridges.

English Channel: The body of water between England and France.

lab technician: A person who assists or carries out work in a laboratory.

OBE: An award presented by The Queen, standing for Officer of the Order of the British Empire.

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1. What were David's parents' jobs? Tick two.

- ☐ hairdresser
- ☐ engineer
- ☐ scientist
- ☐ lab technician

2. When did David first realise he wanted to entertain people? Tick one.

- ☐ when his sister dressed him up
- ☐ when he worked on television
- ☐ when he performed in a school play
- ☐ when he wrote books

3. Draw lines to show different things that David has done at different stages in his life. One has been done for you.

child

author

charity work

He swam the English Channel.

He was dressed up by his sister.

He worked with the illustrator Quentin Blake.

4. Number the events below to show the order in which they happened in David's life.

- ☐ David swam the English Channel.
- ☐ David went to school in Surrey.
- ☐ David published his first book
- ☐ David was awarded an OBE.
- ☐ David swam the river Thames.

5. Find and copy one word that shows David had been waiting a long time for his "big break".

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6. Fill in the missing words in this sentence. Use the glossary to help you.

David Walliams was awarded an _____ by The Queen, making him an Officer of the _____ of the British Empire.

7. Which of David's achievements do you think he is most proud of? Give two reasons for your answer.

8. What do you think David will do next in his career? Give reasons for your answer.

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