

## 3.3.21

ENGLISH AND MATHEMATICS BELOW ONLY FOR STUDENTS UNABLE TO ACCESS VIRTUAL LEARNING. IF TEAMS LESSON HAS BEEN COMPLETED THERE IS NO EXPECTATION FOR STUDENTS TO COMPLETE THIS WORK AS WELL.

<b>English</b>			<b>Mathematics</b>		
Learners (initials)	Workbook	Page(s) to complete	Learners (initials)	Workbook	Page(s) to complete
RC, ND, KE, CE, RH, EHS, GK, EM, AP, CR, ER, LW	Stage 1 Spelling, Punctuation and Grammar	See page below for activities.	ND, KE, CE, RH, EHS, GK, EM, AP, CR	Maths No Problem Textbook 1A	
	Stage 1 10-Minute English Workbook			Maths No Problem Workbook 1A	Pages 175-178
		Maths No Problem Textbook1B			
		Maths No Problem Workbook 1B			
EP, LT	Stage 2 Spelling, Punctuation and Grammar	Page 42 and page below for activities	RC, EP, ER, LT, LW	Maths No Problem Textbook 2A	Pages 129-130
	Stage 2 10-Minute English Workbook			Maths No Problem Workbook 2A	Pages 173-174
		Maths No Problem Textbook 2B			
		Maths No Problem Workbook 2B			

English – Can I recognise sounds? Try the ‘I spy’ activity on the next page.



Find something with...

ch

...in

Find something with...

sh

...in

Find something with...

th

...in

Find something with...

ng

...in

PE- try some of the following exercises. You may wish to do this as a circuit as in previous weeks. Make some notes about what you found easy and what you need to practise more.

## Workout Bursts

### Low Sprint Shuffle

1. Crouch your body down.
2. Run quickly on the spot.
3. Pump your arms.
4. Turn to the middle and the side.
5. Make sure you have fast feet.



### Climb the Rope

1. Pretend to climb a rope!
2. Reach your hands above your head one at a time and pull the rope down.
3. Lift your knees high and climb on the spot.

### Star Jumps

1. Start with your feet close together.
2. Jump and land with your feet wide apart.
3. Stretch your arms out above your head.
4. Jump your feet in and your arms down.

### Marching on the Spot

1. Stand with your feet hip-width apart.
2. Lift one foot and then the other.
3. Stay on the same spot.
4. Lift your knees up high, keeping your back straight.
5. Pump your arms as well.



### Squat

1. Start with your feet a bit wider than your shoulders.
2. Squat down as if you're sitting into a chair.
3. Stand up tall again.
4. Keep a straight back.

Week 2  
(01/03)

## Can I Safely Handle Food?

This week  
we are  
looking at  
the dangers  
of working  
with food.

Read  
through  
the  
information  
provided  
and then  
list the key



### Contamination

Contamination occurs when contaminated food or surfaces come into contact with non-contaminated food and cause the bacteria to spread.

Raw food, undercooked food and unclean hands/food can cause the spread of bacteria.

**Cooked rice, soft cheese, raw meat, poultry and seafood** are some of the foods that pose the greatest risk of cross-contamination if not handled correctly.

points into  
your book.

**Prevention**

To prevent contamination, always wash your hands thoroughly with soap and warm water before handling food and again after handling raw meat.

Keep raw and cooked meat apart. Store raw meat at the bottom of the fridge and make sure it is stored properly so the juices don't leak onto other foods or surfaces.

Wash fruit and vegetables to ensure they are clean before consuming them.

The infographic features a green header with the word 'Prevention' in white. Below it are three green-bordered text boxes. The first box is accompanied by an illustration of hands being washed with soap. The second box is accompanied by an illustration of an open refrigerator. The third box is accompanied by an illustration of various fresh vegetables like a radish and a head of lettuce. The background shows a kitchen scene with a sink and a stove.



## Prevention

Clean all surfaces, utensils, chopping boards and cutlery with hot soapy water.

Use separate utensils and surfaces for raw and cooked meat and clean them thoroughly.

Keep an eye on expiration dates and follow the food storage and cooking guidelines. The packaging will tell you how to store and cook the food properly.

It is vital that food is cooked thoroughly before it is consumed – the heat kills any germs that could be present.

