

English			Mathematics		
Learners (initials)	Workbook	Page(s) to complete	Learners (initials)	Workbook	Page(s) to complete
KB	Stage 1 Spelling, Punctuation and Grammar	43	JA, KB	Maths No Problem Textbook 1A	54
	Stage 1 10-Minute English Workbook	45		Maths No Problem Workbook 1A	52
		Maths No Problem Textbook1B		15	
		Maths No Problem Workbook 1B		15	
JA, CA, BB, AC, RC, KD, JLB, CMcD, TP, RS, TT	Stage 2 Spelling, Punctuation and Grammar	COMPLETE	CA, BB, AC, RC, KD, JLB, CMcD, TP, RS, TT	Maths No Problem Textbook 2A	20
	Stage 2 10-Minute English Workbook	72		Maths No Problem Workbook 2A	20
		Maths No Problem Textbook 2B		54	
		Maths No Problem Workbook 2B		54	
AB, CB	Stage 3 Spelling, Punctuation and Grammar	64	AB, CB	Maths No Problem Textbook 3A	141,142
	Stage 3 10-Minute English Workbook	74		Maths No Problem Workbook 3A	122
	Entry Level 3 English Workbook	90,91		Maths No Problem Textbook 3B	227
		Maths No Problem Workbook 3B		174,175	
				Entry Level 3 Mathematics Textbook	70

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.

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.

PSD

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.

The infographic features a green header with the title 'Contamination'. Below the header, there are three paragraphs of text. The first paragraph defines contamination. The second paragraph lists common causes of contamination. The third paragraph lists high-risk foods. The background of the infographic shows a kitchen scene with a table, chairs, and a bowl of rice. In the foreground, there are illustrations of a bowl of rice, two sushi rolls, and a piece of raw meat.

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.



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.

