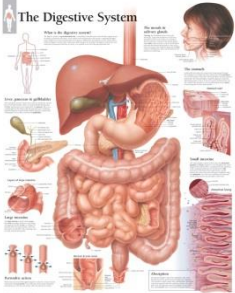


## Year 4 Homework Grid

Keep a food diary and note what happens to certain foods (beetroot, sweetcorn, asparagus, blueberries for example) as they pass through your body.	Who spends the most time in the bathroom in your house! Make some observations and display your finding using a graph or a chart.	Learn how to boost your immune system. Make a poster or advert for a doctor's surgery advertising food that helps you avoid getting the flu.
Do you have any horrid habits? Nose-picking? Nail-biting? Think up some tips on how to give up a nasty habit.	Have a burping competition with family or friends! Record contestants' burps with a decibel metre (found on an app). Are fizzy drinks allowed?	Drop some grubby pennies in a range of fizzy drinks – leave them overnight and see what happens. Which fizzy drink cleaned them the best?
What qualifications and training do you need to become a dentist? Set up an interview with your dentist at your next check up!		Find out how to look after your digestive system with some colon-cleansing foods (flax seeds, avocado, spinach). Make a song or a poster encouraging people to look after their guts!
Try a new food or drink you have never tasted before. What do you like/dislike about it? Write a food review about that food.	After our teeth lesson, teach a younger family member how to clean their teeth properly – and explain why it's important! Write a set of instructions to guide them.	Learn how to cook a recipe at home – get an adult to help you. What did you make? Take a picture of it and post on dojo or stick in your book. You can review your creation by writing a food blog.
Children should be using times table rock stars each week.	Please see separate spelling sheet – we recommend the children learn two new spellings per week to build up to the full list per half term.	<b>Parents</b> Please feel free to adapt the tasks to suit your child and present them in any way you like. The homework on this grid is <b>not compulsory</b> although we do encourage the children to complete some of the tasks as this supports their learning in class. The children can choose which tasks they are interested in and would like to complete. Any of the tasks the children do complete can be brought into school on a <b>Friday</b> to share with the rest of the class.