

# Year 3 Optional Homework Tasks



Make a dish from a recipe book and take photographs to share back at school. Remember to wash your hands before getting going!

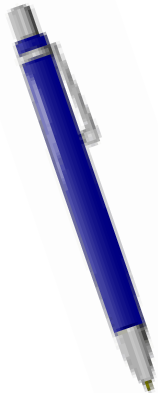
Keep a food diary to record the different types of food you eat over the weekend. Report back; in your opinion, has your family got a balanced diet?

Write a shopping list for your family's weekly menu and calculate how much it will cost. Don't forget to look for Fairtrade options.

Make a fabric dye from a strongly coloured fruit or vegetable. Try beetroot, carrot, tea, spinach or strawberry. Try dip-dyeing an old white T-shirt or handkerchief into your coloured dye. What happens?

Make an information booklet about a festival that involves eating a special type of food. There are lots to choose from!

Plan yourself a weekly exercise regime and encourage a parent or carer to do it with you!



## Topic: Scrumdiddlyumptious!