

Thursday 30th April 2020

Good Morning Year 1

Here are your activities for today

**P.E.:** <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

**Reading:** read about Working Animals on this link  
<https://www.getepic.com/app/read/28991>

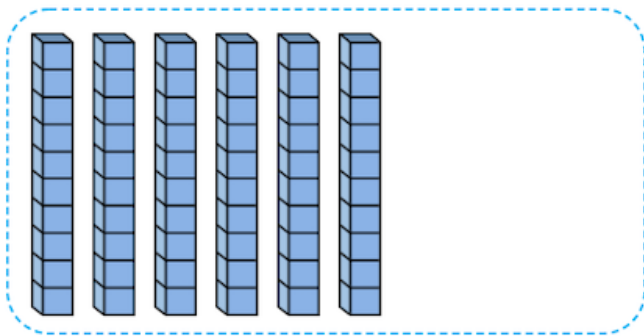
**Phonics:** Today you will be learning the alternative spelling for **igh**. Watch Nahida teach this phonics lesson <https://drive.google.com/file/d/1n-BaKb5sIF6pFKfwXRrQ-1gnxUpJ4wA/view?usp=sharing>

**English:** Use the Get Epic website to read about pets. Research your favourite animal that you think would make a good pet. What does it eat? What does it look like? Will it be easy to look after? Does it need to be taken for a walk. You only need to research one animal. This will help with your work tomorrow.

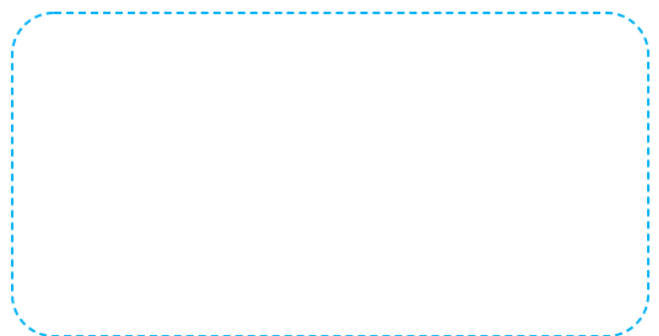
**Mathematics:**

Log into Mathletics and complete the assigned tasks **OR** copy and complete the task below

$70 - 10 =$

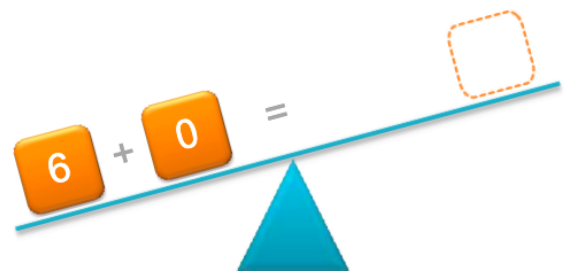
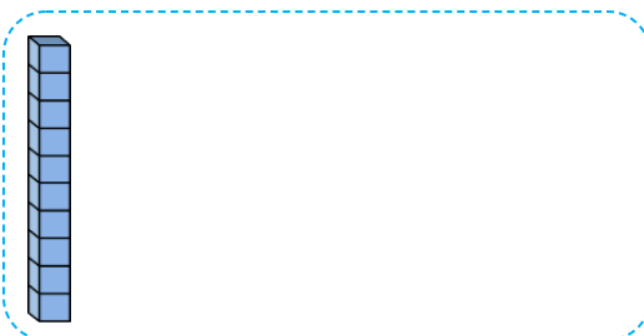


$20 - 20 =$

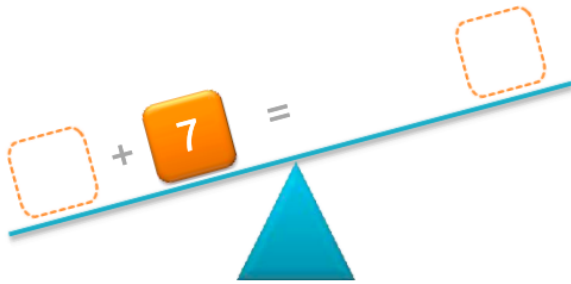


Which number balances the scale?

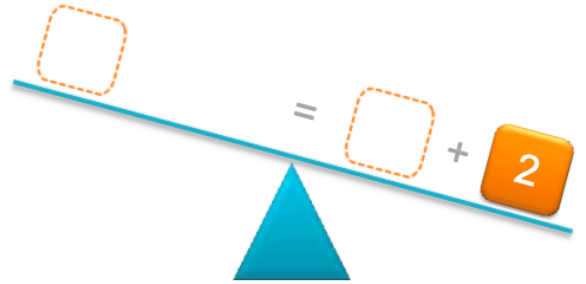
$90 - 80 =$



Which numbers balance the scale?



Which numbers balance the scale?



Which number balances the scale?



Which number balances the scale?



Which numbers balance the scale?



## Topic:



### WHAT IS SUHOOR?

Before the sun rises for Fajr time, Muslims wake up to eat a small meal: Suhoor. They can eat anything at suhoor. Some people eat just dates and water, others will have a breakfast dish like porridge or cereal. And there are some people who will eat rice and curry at suhoor time!

It is a sunnah (something Prophet Muhammad peace be upon him used to do) to have suhoor before fasting for the day. Eating and drinking water helps people to have some energy during the day. But it's very important to eat the right kind of food which will release energy slowly throughout the day.

Here is a recipe for some healthy breakfast bars you and your family can enjoy at suhoor time.

#### DATE, PISTACHIO AND COCONUT BREAKFAST BARS

This recipe makes 10 bars

**You will need:**  
250g medjool dates, pitted  
80g shelled pistachios  
25g rolled oats  
1 tbsp honey  
1 tbsp water  
60g desiccated coconut



1. Blitz the dates in a food processor (with an adult's help) until they have formed a rough paste.
2. Add the pistachios, oats, honey, water and half of the coconut. Blend again until thoroughly mixed.
3. Tip the mix out of the blender on to your work surface and roll it into a rectangle about 2cm thick.
4. Cut the rectangle into 10 equal bars.
5. Put the remaining desiccated coconut into a tub or plate, then roll the bars around in it one at a time until they have all been evenly coated with coconut.



### WHAT IS IFTAR?

When the sun sets, at Magrib time, Muslims all around the world sit with their families to open their fasts (eat and drink). This is called Iftar.

A lot of men and some women go to the mosque just before Magrib time and have iftar there with other Muslims from the area. They pray Magrib salah together and then return home to eat with their families.

