

Year 2 Homework English

PLEASE REMEMBER TO HAND IN YOUR HOMEWORK ON WEDNESDAY 1st March



Write out and practise your spelling words four times.

Please note: children have a spelling test every Friday and are tested on these words, please ensure your child is completing the spelling homework. You need to write down a sentence for every spelling word

Example:

Word: *went*

went

went

went

I *went* to school today.

Spelling words	X1	X2	X3	X4
shaft				
crank				
bridge				
tower				
between				

Once you have completed these words, please practice spelling out the word of the week.

Our word of the week is tongue-tied which means when you feel shy and can't think of what to say.

Food and Health

To keep your body healthy you need to eat different types of food.

Energy Foods:

These foods give us **energy** to move and help to keep us warm.



Carbohydrates

Sugars Starches

biscuits bread
cakes pasta
sweets cereals
rice



Fats

milk
cheese
butter
cooking oil
meat

Foods to Keep Us Healthy:

These foods give us **healthy** teeth and bones. They also prevent some diseases.



Vitamins

fruit
vegetables
dairy produce



Minerals

meat (liver)
milk
vegetables

Foods for Growth and Repair:

These foods help the body to **grow and repair** itself.



Protein

fish
meat
milk
eggs
beans
cheese

Food and Health

Section A

Circle the best word to match the writing.

To keep healthy you need different types of

1 **food.** **fats.** **friends.** **eggs.**

A food with lots of sugar could be

2 **bread.** **biscuits.** **milk.** **fish.**

A food with lots of starch could be

3 **bread.** **biscuits.** **milk.** **fish.**

A food with lots of fat could be

4 **bread.** **biscuits.** **milk.** **fish.**

A food with lots of protein could be

5 **bread.** **biscuits.** **milk.** **fish.**

Section B

1. Which foods help to grow and repair the body?

meat

sweets

rice

beans

2. Which of these foods are fats?

fruit

butter

milk

cheese

3. What do energy foods help you to do?

4. Which types of food give you healthy teeth?

Section C

Write or draw about a healthy meal.