

Before reading

- Talk with your child about the grapheme oe (it makes the same sound as 'oa' in boat or coat).
- Explain that we have looked at two graphemes 'oa' and 'oe' that make the same sound but that they are written differently. However, today we are focussing on the 'oe' grapheme.
- Can they spot the oe words in the text?

- Ask your child to read the story - Encourage your child to use their phonics to help them read but give assistance if necessary. If they get stuck on a word, ask them if they can 'chop it up'. They should be able to show you how they do this (they chop the word in to phonemes (sounds) and then blend them together to help them decode).
- If you can print the story - ask your child to use a pencil to underline all the oe graphemes. If you cannot print, you can still go through the story on the screen and spot as many words which have 'oe' in as you can.

After reading

Ask your child the questions below. If they can't remember the answers encourage them to go back and reread the text to find them.

- What kind of text is this? (postcard - fiction)
- Who is the postcard written to?
- Who is the postcard from? (who wrote it?)
- What did Floe think was a 'cool fact'?
- What foods did Floe say you need to eat if you want to be a superhero?
- What do you think Floe's mum buys at the shops?
- If Floe keeps eating the 'super foods' what might she be able to beat her grandad at?
- Find the woe in the text. What does it mean?
- Why do you think Floe's grandad said it 'will fill him with woe'? (What will fill him with woe?)
- Do you know any superheroes?
- Would you like to be a superhero? If so, what would you like to be able to do?
- Have you heard of superfoods before? Why are they super?

- Explain to your child that certain foods are very good for us and help our bodies to stay healthy and work well. Show your child the pictures below of 'superfoods'.
- Can they name the foods in the pictures? Which ones do they like?

Activity

Ask your child to imagine they are a superhero. What special powers might they like to have? Ask them to think about how they would look and what they would wear if they were a superhero.

Then, ask them to choose one (or some) of the 'superfoods' in the picture that they might eat to help them be a superhero. How will the food help them as a superhero?

Ask your child to draw a picture of themselves as a superhero and to include the food that they would eat.

Then ask them to write a few sentences to describe themselves as a superhero. They could describe their clothes; say what food they eat and what super powers it gives them or say what things they would do as a superhero.



Remind your child to say their sentence before writing it down and to form their letters carefully as they have been shown in school. Also, remind them to use their knowledge of phonics to help them spell. If they are unsure of how to spell a word ask them to chop it up into phonemes (sounds) to help them spell it. Use the phoneme mat (in week 2s work - Tuesday) to aid them in choosing the correct spelling. Once written, remind them to check that they have used capital letters correctly and added an exclamation mark at the end of their sentence. Ask them to read their sentence out loud to ensure it makes sense.



-1-
Broccoli



-2-
Cauliflower



-3-
Squash: Zucchini
or Sweet Potato



-4-
Leafy Greens



-5-
Salmon



-6-
Chia Seed



-7-
Avocado



-8-
Dark Chocolate



-9-
Berries



-10-
Chickpeas



-11-
Coconut

bonus:
+4 MORE



Eggs



Ginger



Turmeric



Beets