

Make a Smoothie

Design and make a healthy smoothie using your favourite fruit and vegetables. Write or record instructions on how to make it in your home learning book.

How to clean your teeth

Design a poster explaining how to keep your teeth clean.

Are You Getting Your 5 a Day?

Keep a food diary for a week. How could you make your diet healthier? Are you eating 5 pieces of fruit or vegetables each day?

How have I changed?

Look at photographs of yourself at different ages. How have you changed? What has stayed the same? Put the photographs on a timeline.

Healthy Humans

Please complete at least 4 of the activities. Record your ideas in your Home Learning book. Any completed pieces can be emailed to: shampson@leverhouse.net

Weather Chart

Every morning, evening or both, record the weather where you are. Create a table and symbols for each type of weather.

What's for Lunch?

Can you help an adult at home to make and serve lunch? Practise your cutting and chopping skills (with adult supervision) and learn how to peel and grate a variety of vegetables.

Exercise

Plan a 5 minute exercise routine for you to do at home. Think about increasing your heart rate.

Forest School

Go for a walk in the local area. How many different types of trees can you spot? Take leaf and bark rubbings using pencils or crayons. Label the different types of trees. Can you spot the similarities and differences?