Week 8 Online Learning Primary 2/3 Miss Gainford

Hello everyone and welcome to another week of online learning. Miss Bell forwarded me some photographs of people meditating which were lovely, how peaceful and happy you looked. This week we are learning about a new religion, Sikhism which is the newest of the main five religions. It was started about 500 years ago in India by Guru Nanak who was born a Hindu but there were parts of this religion that he did not believe were right. A Guru is a religious teacher it is the same word in Hindu, in Judaism it is a Rabbi, In Islam it is an Imam, in Buddhism it is a Lama and in Christianity it is a Minister, Preacher, Pastor or Reverend.

Watch the following video to find out about the life of Guru Nanak

<https://www.bbc.co.uk/programmes/p00w5lnd>

Guru Nanak said that “there is only one race, The Human Race.” Which is why everyone should be treated equally regardless of age, gender ( male or female), religion ( what they believe), nationality ( the country that they belong to ), ability ( what they are able to do)whether they are rich or poor, and the colour of their skin. He believed that everyone was heading in the same direction only on different paths.

Now choose one worksheet to complete

In health I would like you ( if you can) to make a fruit salad. Don’t worry if you don’t include everything but do try to sample some especially if it is something that you have never tried before.

You will need help with the preparation especially with any sharp knives and don’t forget to use a clean surface and to wash your hands before and after and to tidy and wash everything once you have finished.

I like to put the different foods in different bowls for people to choose from this way you can see which are the most popular fruits because their bowls empty first.

We have been learning about healthy and balanced diet and fruit is part of this. Fruit is full of vitamins, minerals and fibre which help to keep us healthy. Vitamins and minerals help to strengthen bones, heal wounds, help your heart, boost your immune system (which fights infections) and convert food into energy.

Have a look at this information from Tesco about why we should eat fruit and vegetables.

<https://www.youtube.com/watch?v=kteZneJm1EI>

Remember to eat five fruit or vegetables each day if you can.

Well done if you have tried some new food this week, you might have even found a new favourite.

Talk to you again next week.

Miss Gainford