

Home Learning Advice for Parents



First Level: **Healthy**

Healthy Diets

Looking at food groups is such a fun thing to do. It helps us to really think about what we eat to see if we are eating a balanced diet. Each food group is needed by the body for different reasons.

Activity

Have a food group scavenger hunt. Who is the fastest at finding an item for eat food group? Or

Select a few items from the fridge/cupboard. Challenge a member of your family to see if they know which food group the item belongs to. Swap roles.



Get Active - Raise the Roof

Use some of these cheesy moves to get your heart pumping. Roll meatballs, smush bugs, and chop gigantic pickles so you can see a hot mix of your favourite GoNoodle videos

<https://family.gonoodle.com/activities/raise-the-roof-back-to-school>

Calming Mindfulness - Melting

<https://family.gonoodle.com/activities/melting>

Feeling cooped up, antsy, or a little wired? Try this calming mindfulness video to melt away those icky feelings.

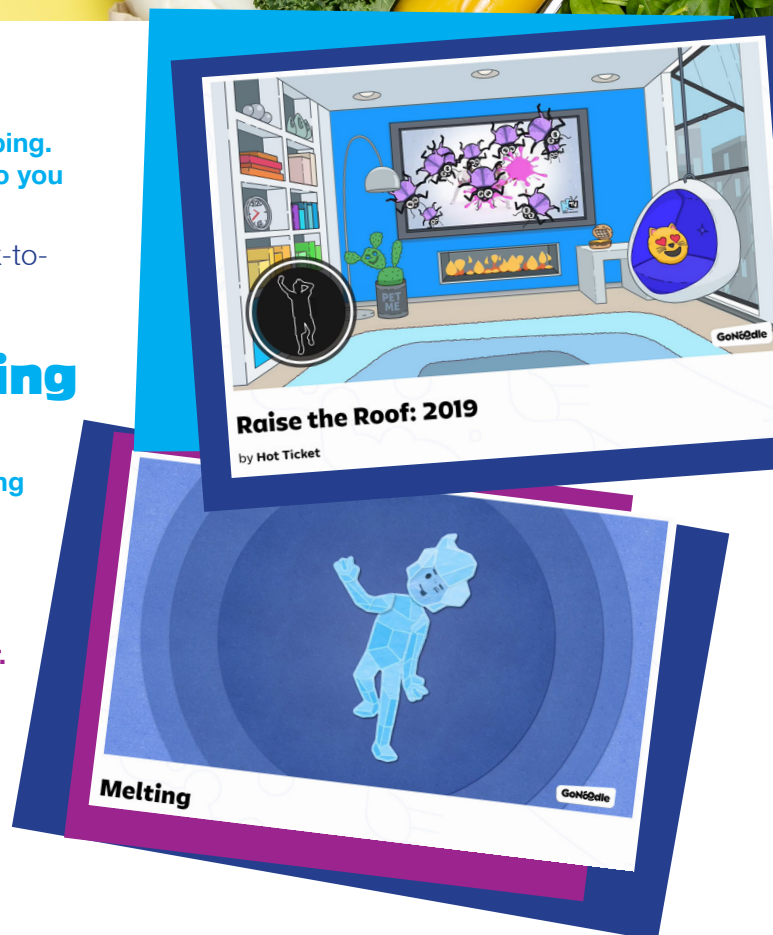
Keeping Healthy - BBC

Staying healthy will help you to feel happier and stronger.

There are lots of things you can do to stay healthy.

Challenge a member of your family – who can think of the most ways to stay healthy? Now watch this BBC video to see if you were right?

<https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zxvkd2p>



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