

Health



This week we are going to be focussing on healthy eating. We want the children to both understand the need to maintain a healthy diet and also to have the opportunity to choose and prepare some healthy meals.

Have a talk with your child about:

- Why we need to be healthy
- Which foods are healthy
- Which foods are unhealthy
- Are we allowed to eat unhealthy foods

(When I have taught this in the past the children tend to see healthy foods as fruits and vegetables.

Encourage them to also consider dairy products, carbohydrates, proteins etc).

Look through your cupboards, fridge and freezer and sort the food you have into a healthy group and an unhealthy group.

Health

It's snack time!!!

Can you create a healthy snack for you and your family? Ask your child which foods they will need and encourage them to do the majority of the work! Part of our curriculum is to give children the opportunity to peel, slice, mix and spread by themselves and so, if possible, could you supervise these skills in the preparation Talk to your child about washing their hands before preparing food and how to handle equipment safely.

If you are stuck for ideas, here is a good website

<https://www.bbcgoodfood.com/recipes/collection/snacks-kids>



Health

A healthy diet involves eating a wide variety of different food. It wouldn't be healthy to just eat carrots all day! The NHS recommends we follow the 'Eatwell' plate to help us plan a healthy diet.

Have a look on the NHS website

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/> and click on the interactive Eatwell guide to see which foods are in each category. Look at how much of each food type we should eat every day.

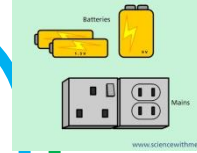
Draw a picture of an Eatwell plat in your jotter with examples of each food inside.



Interdisciplinary



Science



Our learning in science is now moving on to thinking about electricity. Here are some questions to ask your child:

- What is electricity?
- What items around your house use electricity?
- What would life look like if we didn't have electricity?

There are 2 types of electrical toy; ones which get plugged into the mains, and ones which use batteries. In your house find a selection of electrical toys and sort them into the 2 groups. Then split your jotter in 2 and draw examples of both battery powered and mains powered toys and objects.

Science

When working with or beside electricity it is important to keep ourselves safe. Talk to your child about some of the rules they already know about how to stay safe around electricity. For example, do not touch plug sockets and don't put batteries in your mouth. Maybe you could write or draw some of the rules you come up with in your jotter?

Switched on kids (<http://www.switchedonkids.org.uk/>) is a fantastic website teaching children about being safe around electricity. Have a look around the website and then complete the game 'electrical safety in your home'. You need to identify the dangers in each room of the house.

