

Achieving

Food and Health	Healthy Lifestyles	P.E. Physical Activity and Sport
<p style="text-align: center;">Kid's in the Kitchen</p> <p>P1 With an adult start a list of foods you enjoy and foods you might like to try eating.</p> <p>P2-P4 With Adult supervision only Make something for the family to enjoy e.g. a cake, a pot of soup.</p> <p>P5-P7 Dos and Don'ts –come up with 7 rules that ensure safety when YOU help with the cooking.</p>	<p style="text-align: center;">Improving our self-esteem</p> <p>Think about when you have learned to do something new or achieved a target.</p> <p>P1 With an adult start a list of all the things you can do by yourself.</p> <p>P2-P4 Think up a list of skills you've learned since you were born.</p> <p>P5-P7 Make a fact file about your Role Model: What is it you like best about this person? What qualities and skills do they have that you would like to have? What motivates you to be like them?</p>	<p style="text-align: center;">Keeping active</p>