

Science

Healthy Living

Monday - Nutrition

Today we are going to think about a healthy diet for humans. Look at the power point to learn about the different food groups. You will need to design a balanced diet lunchbox, making sure all of the food groups are present. Don't forget to label each item, including the group it belongs to. Make sure you fill it with foods you like because you could try make it for lunch one day this week!

Discuss these questions with your family...
Are all animals healthy eaters? Why? Do any animals eat unhealthily?

Thursday - Exercise

We are going to think about why animals need to exercise. Watch the clips below and discuss different exercise happening. Why is exercise important to all animals? Why do humans exercise?

[Cheetah chasing prey](#)

[Usain Bolt 100m](#)

We are going to investigate which exercises are the most tiring. Complete part 1 and 2 of the attached sheet and then watch the Seesaw clip. Record your results after each move. Discuss the results with your family. Which exercise do you think will improve your health the most? Why do we have a variety of exercises? Don't forget to post your workout & results on Seesaw!

Key learning area:

Science

Key Ideas - Animals need a variety of food to help them grow, repair their bodies, be active and stay healthy.

Working Scientifically - Gather evidence to describe how things change as a result of something happening.

PE - General fitness - get your heart rate up and build up your muscles!

Remember to share anything you have done on SeeSaw!

Tuesday - Hygiene

Today we are going to learn a little bit about germs. Watch the cartoon/clips about viruses and bacteria. Can you create a poster to inform people about how to stop germs from spreading? Use the attached images of germs to inspire your illustrations. You can decide what your germs look like (fiction) but label it with information you have learned (fact). Don't forget to include instructions on how to wash your hands!

[Sid The Science Kid - The Big Sneeze \(full episode\)](#)

[Virus or Bacteria](#)

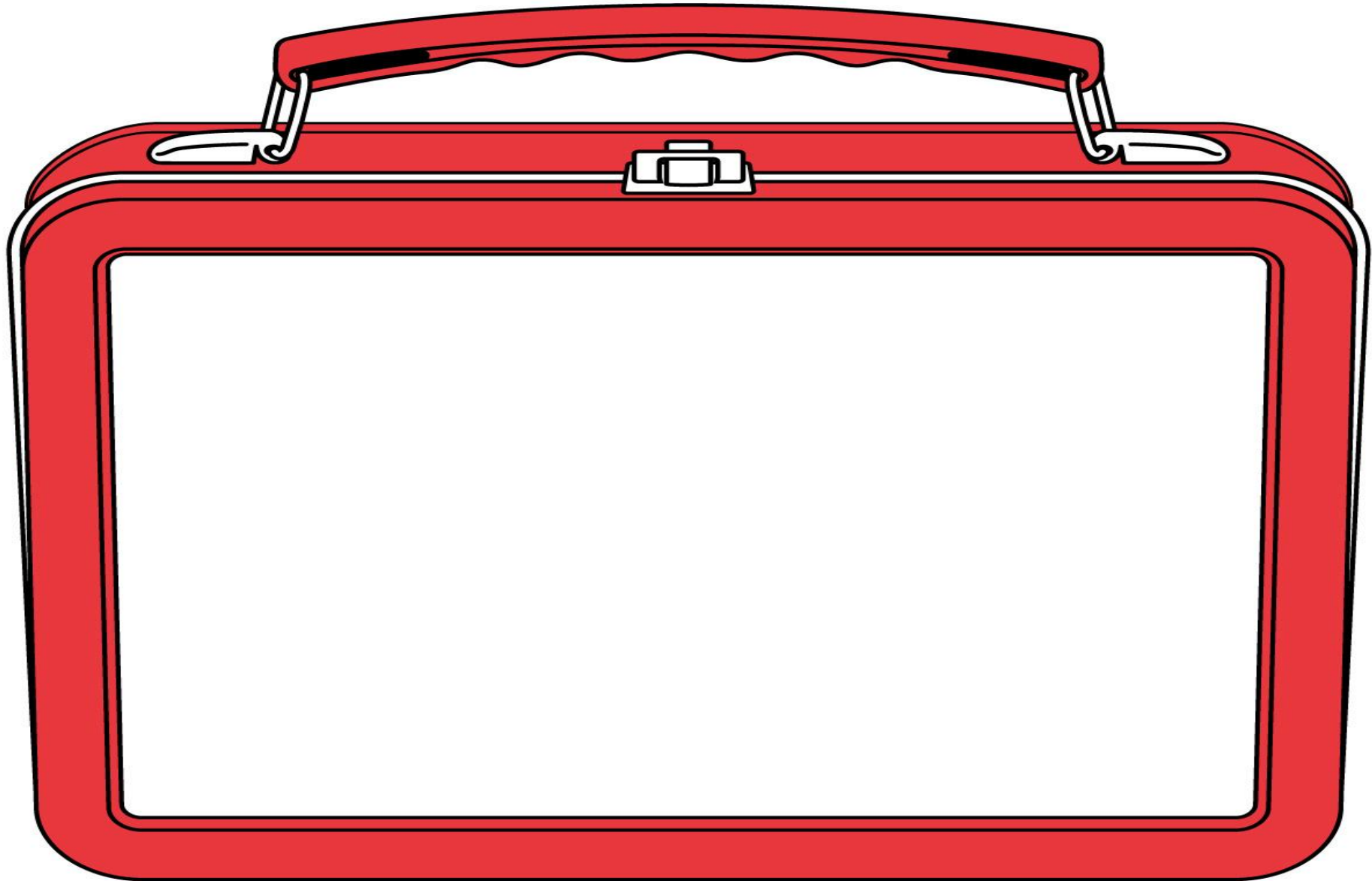
[How to fight Germs](#)

Friday - PE

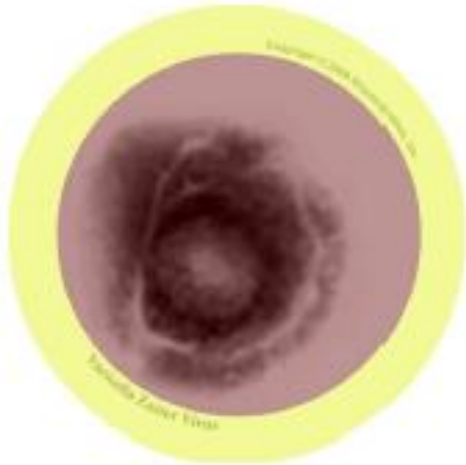
Joe Wicks is now doing PE with Joe three times a week! Log on to his you tube channel live or watch it back to carry it out later on in the day. Not only will it keep you fit but it will keep you healthy in your mind as well!



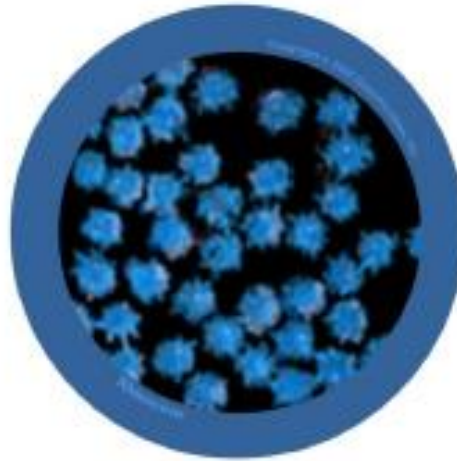
My healthy lunch box



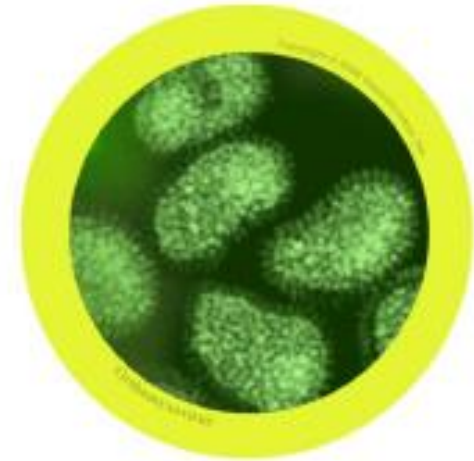
VIRUSES



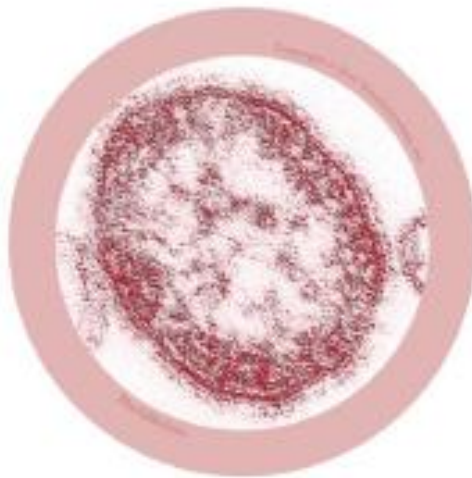
CHICKEN POX



COMMON COLD



FLU



MEASLES



RUBELLA



GLANDULAR FEVER

BACTERIA



EAR ACHE



SALMONELLA



PIMPLES



E-COLI



SORE THROAT



STOMACH ACHE

What changes will we see on our body when we do exercise?

DRAW THEM:

Which exercise will make us most tired? Why?

Star jumps, lunges, mountain climbers, plank, sit-ups and walking.

Which was the most tiring? Why?