

Keeping Healthy Homework – Year 5 2020

Please hand in Monday 19th October

During the Second World War, the Government created 2 characters: Potato Pete and Dr. Carrot to help people with their knowledge of food and cooking. Look at the pictures on the back for two of the designs used.

You will need to choose a fruit or vegetable and create a character using the list below.

Then, carry out research about the item (please see below for guidance) and produce a small booklet, about the size of a "Mr Men" book, (approx 14 x 12 cms) or half of an A4 sheet if this is easier. It can be "concertina" in style, with information on both sides, or a regular style of booklet.

Content

You need a front cover/ title page which will include the title, your name and a bright, bold, careful illustration of your character.

Inside the booklet, you need to include information about the food. Here are some ideas to help you, but you may have some of your own too:

- What it is? Any different varieties.
- Where and how it grows eg. On a tree/bush/underground. Is it the leaf/stem/root/flower/seed?
- Where it comes from eg. UK or a particular climate. When it is in season?
- Nutrition facts ie. The benefits of eating it and how it affects health and wellbeing.
- How it can be eaten eg raw in salads or peeled and roasted.
- Typical cost.
- A verse or slogan for your character.

Presentation

Include a mixture of text and diagrams and pictures.

You could put a mini version of your character on each page if you wished.

If you use a computer, make sure that you have not just copied and pasted other people's work.

Include headings or sub headings.

You can use your own paper or you can use school paper after you have planned how many pages you will need.

Resources

You could use:

Supermarket leaflets, cookery books, general food or diet books, packaging, advice leaflets from chemists or health centres, the Internet.



DOCTOR CARROT
*guards
your Health*

*I'm an
Energy Food!*

Says 'POTATO PETE'



Apple	Strawberry	Pear
Banana	Fig	Plum
Raspberry	Grape	Peach
Blueberry	Carrot	Potato
Tomato	Onion	Pepper
Runner Bean	French Bean	Pea
Mushroom	Courgette	Avocado
Broccoli	Cauliflower	Spinach