

# Food Glorious Food

## Topic Homework

	Task for each week
Wk 1 25.09.20	What is being healthy? Brainstorm your ideas. What does it mean to have a balanced diet? Keep a food diary for one day and write down which food groups they come from. ( Carbohydrate, Protein, Fruit and vegetables, dairy, fats, oils and sugary foods ) Ask your parent or carer to email this to <a href="mailto:year3@stpauls-dorking.surrey.sch.uk">year3@stpauls-dorking.surrey.sch.uk</a>
Wk 2 02.10.20	Research ways to keep healthy such as exercising regularly and looking after your teeth. Can you find out what happens if you don't look after yourself properly? <a href="http://www.bbc.co.uk/guides/zxvkd2p">http://www.bbc.co.uk/guides/zxvkd2p</a> Watch some of the clips from this website to learn about the importance of skeletons and muscles. <a href="http://www.bbc.co.uk/education/topics/z9339j6/videos/1">http://www.bbc.co.uk/education/topics/z9339j6/videos/1</a>
Wk3 09.10.20  <b>Hand in date</b> 16.10.20	Create a poster to promote healthy eating and exercise. Remember to make it colourful. Remember you are trying to persuade people to be healthy.  Ask your parent or carer to take a picture of your poster and email it to <a href="mailto:year3@stpauls-dorking.surrey.sch.uk">year3@stpauls-dorking.surrey.sch.uk</a>



Please see your class teacher if you need any help.

