










# Healthy Me



- Choose your weekly homework from the menu below.
- Homework is due each Wednesday.
- All  activities need to be completed across the half-term.
- Challenge yourself with  activities at least once across the half-term.
- In addition, reading should be completed **daily** and logged in your planner
- Maths and spellings are to be completed weekly. (separate sheets and My Maths)
- **If possible please complete all homework on Google classroom or upload pictures of your work.**

Topic	English
Sketch a human body and label the bones.	Write a poem about a being healthy. 
Produce a poster showing people how to eat healthily. 	Research Joe Wicks Create a booklet about who he is, what he does, what he has achieved & include any examples of his work. 
Design and make a board game to encourage younger children to eat well.	Write a letter to a famous nutritionist asking for their top tips on a healthy diet. 
Create a fitness exercise film. 	Write a persuasive advert telling people how they should look after their teeth.
Act out how eating sugary foods can lead to tooth decay. 	Cook your favourite dinner with an adult. Write the recipe. Remember to include: <ul style="list-style-type: none"> <li>• What you will need. </li> <li>• Imperative verbs (put, mix, stir)</li> </ul>
With an adult, raid the cupboards and find out where the food comes from by reading the label.	Produce a non chronological report on the different food types .e.g carbohydrate and fibre 