

Year 1 Science W.B 04.05.20

Human Diets

This week we are going to continue to learn about healthy human diets. Here's how you can continue your learning this week:

1. Watch the Healthy Eating video clips from the link below to learn about the different types of food we need to look after our bodies and minds.
2. Look at the Healthy Eating PowerPoint to learn about what should go on your plate to create a balanced diet.
3. Draw a healthy meal using the template on the PowerPoint and label each food group.
 - * Label the different types food on your plate and tell an adult how they help our bodies stay healthy.
 - ** Label the types of food on your plate and write some sentences about how these foods help our bodies to stay healthy.
 - *** Label the types of food on your plate and write some sentences about hoe these foods help our bodies stay healthy. Can you include what nutrients are in the foods we need and how they help our bodies? For example, protein in eggs helps our muscles grow and repair.

To continue your learning you could:

- Help your parents to cook a healthy meal using what you have learned – you could even make the meal you have designed!
- Make a video of yourself talking about your healthy meal or use 'Zoom' or 'Skype' to talk about it with a friend.