

Science home learning 15th June 2020

Food

YR

Healthy/Unhealthy Food

- Provide your child with a selection of items from your kitchen cupboards. Can they sort them into things that are healthy and unhealthy? Discuss why the food is good for you or bad for you. Look at the [Eatwell plate](#) to help figure out which foods they should eat a lot of or not very much of.
- Discuss how exercise is an important part of staying healthy. Watch and complete a 10 minute [shake up](#).
- **5 a day**
 - Support your child to create a food diary to record how many pieces of fruit and vegetables they eat in a day. They could write these using their phonics knowledge or draw a picture of each item.

Y1

Balanced diet

Show your child this [video](#) about how to have a balanced diet. (Right click and open hyperlink)

Play these [games](#) about healthy eating.

Y2/3

Restaurant

Can you plan a menu? Think about what you would like to have on your menu.
Can you design a menu for a vegetarian? Can you design a menu for a vegan?
Will you have options on your menu for people who have allergies?

Look around the house for any leaflets or take away menus. What price is the food? Can you write and design your own take away menu? Can you do any meal deals?

Y3/4/5

A balanced diet

What is a balanced diet? Find out about the following different food groups. Make slides or posters about what you find out about:

- Carbohydrates
- Fats
- Sugars
- Proteins
- Fruits and Vegetables

Where does your food come from?
Which foods come from the UK?

Y5/6

A Balanced Diet

Think about the food a toddler might eat compared to an adult athlete. Then choose five different types of people (e.g. a child, teenager, athlete, teacher etc.) and draw a plate of food that will ensure they are eating a healthy, balanced diet. Underneath each plate, you must justify why you have chosen these foods. Think about the calorie intake each of these individuals might need. Can some people have more of one type of food group? If yes, why can they?