Science – Animals including Humans. Week 2.

This week we are looking at our healthy diet.

Read through the PowerPoint to find out about food, food groups and the differences uses we have for what we eat.

Then see if you can sort the foods out into the correct places using the Interactive Sorting Activity.

Think about your answers to the questions last week – has your learning this week made you think about those answers? What do you think you should include more of in your diet? What should you have less of?

If you would like to, we have added a meal planner worksheet (or you could draw your own). Can you think of any healthy meals you enjoy? Do you have any good healthy meal suggestions? Please share these ideas on Seesaw!

Thank you! Enjoy!