

# Curriculum

Week beginning 22/2/21

This week ...

Monday - What is healthy eating?

Tuesday - Healthy Eating Journal

Wednesday - Healthy living

Thursday - Music

Friday - Art



Watch todays video



[https://youtu.be/cjpVEGU\\_HbA](https://youtu.be/cjpVEGU_HbA)

## **Aim**

I can identify healthy and unhealthy food, and say how much of them I should eat.

I can suggest ways to improve my diet.

## **Success Criteria**

I can say which foods are healthy and which are less healthy.

I can design a menu that has the right amount of each food type.

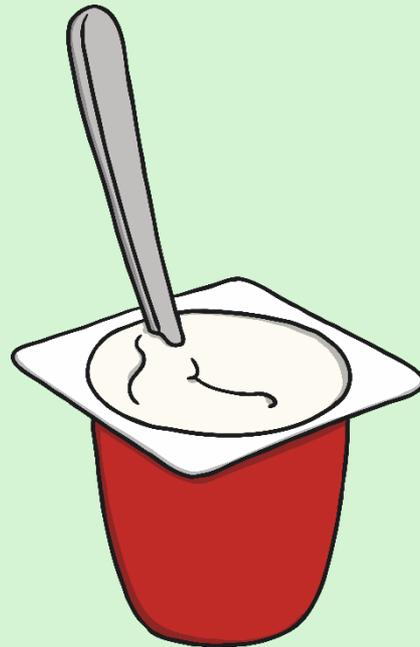
I can say what is healthy about my diet.

I can say how I could improve my diet.

# Healthy Eating



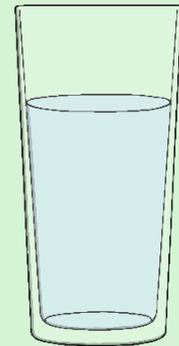
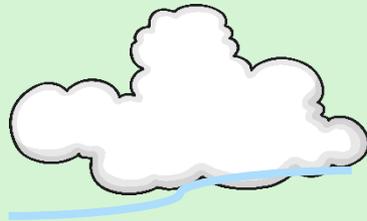
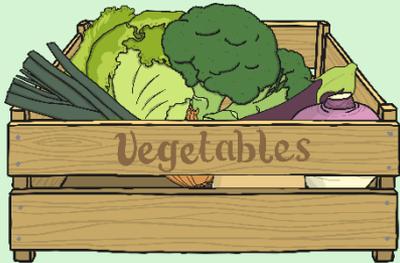
What do we mean when we say healthy eating?



# Basic Needs

Humans and other animals need certain things to keep them alive. These are called basic needs.

Can you tell me what they are?



Humans need to eat lots of different kinds of food to stay healthy. We call this 'a balanced diet'. Here are the important things you should try to include in your diet.



Salad



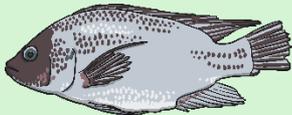
Wheat



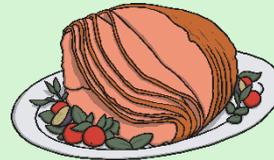
Fruit



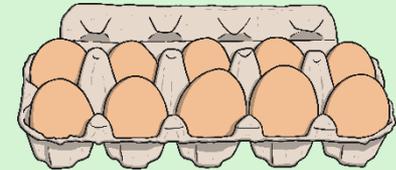
Milk



Fish



Meat



eggs

We need to eat a balanced diet because different kinds of food, do different jobs in our bodies.

Some kinds of food are very good for us. We can eat as much of these as we like.

Some of the foods we eat are good for us, but only if we don't eat too much.

Some of the foods are not good for us. It is fine to eat a small amount of these foods, but if we eat too much it could make us less healthy.

# Special Diets

Humans do not have to eat meat in order to survive. In fact, many people choose to exclude meat from their diet altogether. They can still eat a balanced diet because they can get their protein from other foods such as eggs, nuts and oats.

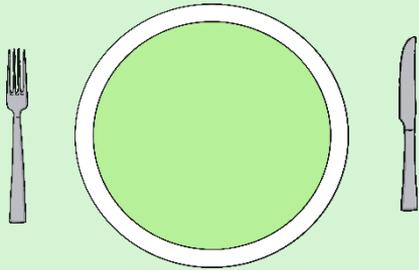
Some people have an allergy or an intolerance to foods such as dairy. This means that they need to exclude it from their diet. They can get calcium from other foods such as seeds, leafy greens and beans.



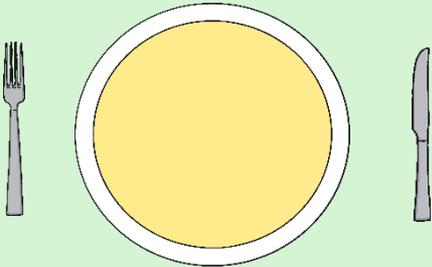


# Lots, Some or Only a Little?

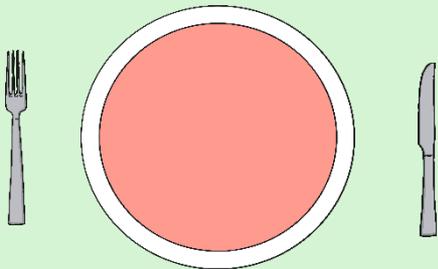
I would like you to draw three plates in your home learning books with the sentence next to them. Draw the plates big enough for you to do some writing in the middle.



I should eat lots of these foods (at every meal).



I should eat these foods sometimes (a few times a day).



I should only eat a little bit of these foods (only as a treat).

I would like you to decide which plate to put each food on. Do you need lots, some or a little bit of this food in your diet? Write the food in the plate you think it belongs to.

Fizzy pop



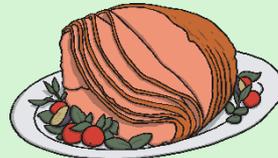
Sweets



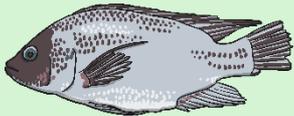
vegetables



Meat



Fish



water



Chocolate



Milk



Fruit



Check your answers...

## Lots, Some or Only a Little?

Lots

Fruit and vegetables.

Starchy food like bread, pasta and potatoes.

Eat these at every meal and for snacks.



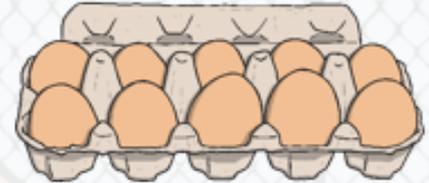
# Lots, Some or Only a Little?

## Some

High protein foods like meat, fish, beans, eggs and nuts.

Dairy foods like cheese, milk and yogurt.

Eat these two or three times a day.



# Lots, Some or Only a Little?

## Only a little

Food that is high in sugar or fat.

Eat food like this no more than once a day.





Watch todays video



[https://youtu.be/bpoM4oNNZ\\_0](https://youtu.be/bpoM4oNNZ_0)



We call the things that we eat, our 'diet'.

Looking at our diet can tell us if we are already eating healthily, or if we could improve our eating habits.

Some people keep something called a 'eating journal'. This helps people see what they are eating each day.

What good eating habits can you see in this Healthy Eating Journal?

How could we improve this diet to make it healthier?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Chocolate cereal with milk	Toast and jam	Rice cereal with milk and sugar	Toast and chocolate spread	Cornflakes with milk	Eggs on toast	Chocolate cereal with milk
Lunch	Jam sandwich with a chocolate biscuit and a yoghurt	Chocolate spread roll with a cup cake and crisps	Cheese sandwich with an apple and jelly	Chicken sandwich with an orange and biscuits	Cheese pastry with cake and a yoghurt	Chicken soup with bread and butter	Sausage sandwich with ketchup
Dinner	Chicken, mashed potato and peas	Beef curry with rice and chapatti	Cheese pizza and garlic bread	Meatballs in tomato sauce with pasta	Fish fingers, chips and beans	Fish and chips	Roast beef with potatoes and gravy
Snacks	Banana Rice cake	Yoghurt Orange	Crisps Ice cream	Yogurt Cake	Crisps Apple Sweets	Popcorn Yogurt	Apple pie with custard Banana
Drinks	Milk Squash Water	Orange juice Milk Water	Squash Fizzy pop Water	Apple juice Milk Water	Squash Water	Fizzy pop Milk Water	Milk Hot chocolate Water

I would like you to think about your diet. In your home learning books I would like you to complete this activity. What three things are good about your diet. What three ways could you change your diet to make it better?

Three good things about your diet:

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Three ways that you could make your diet better:

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I would like you to design a menu for 1 day of healthy eating. This could be for today or tomorrow.

You need to include:

Fruit, vegetables and starchy food at every meal and for snacks.

2-3 portions of meat, fish, beans or nuts.

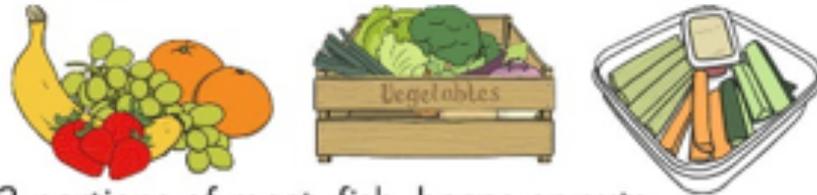
2-3 portions of dairy food.

No more than 1 sugary or fatty treat.

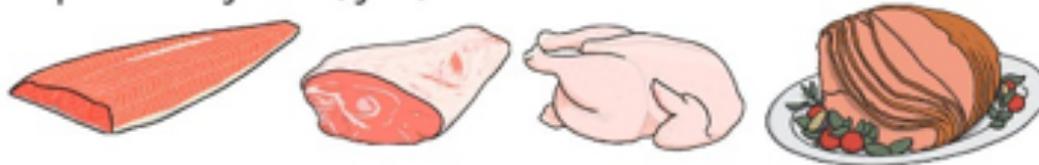
Choose food that you would like to eat during a day of healthy eating. Draw them onto the plates and label them to plan a healthy menu.

**Your menu should have:**

Fruit, vegetables and starchy food at every meal and for snacks.



2-3 portions of meat, fish, beans or nuts.



2-3 portions of dairy food.

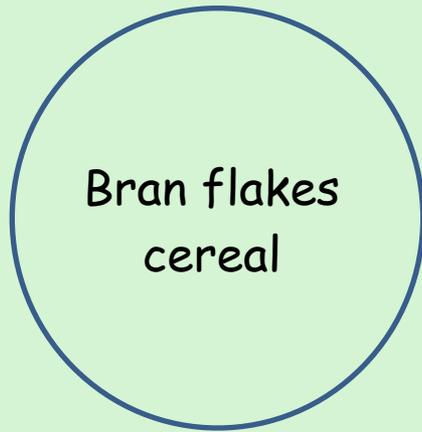


No more than 1 sugary or fatty treat.

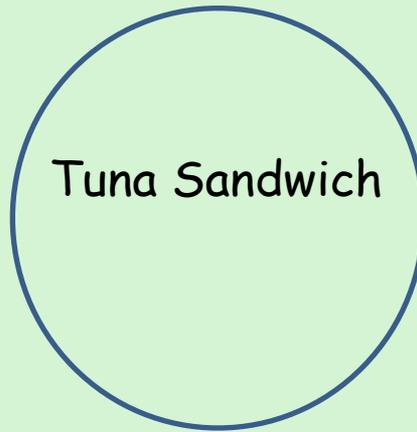


In your home learning books I would like you to draw 5 plates and label these breakfast, dinner, tea, drinks and snacks. I would like you to write the foods you are going to have that day onto your plates. Here are my food journal plates...

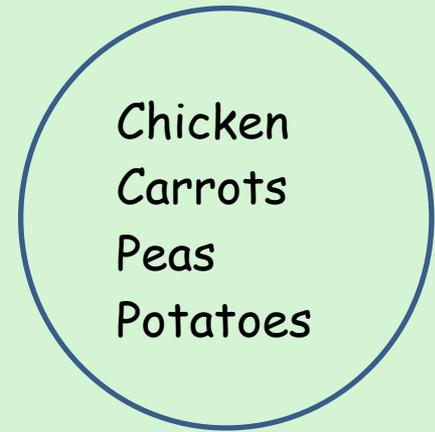
Breakfast



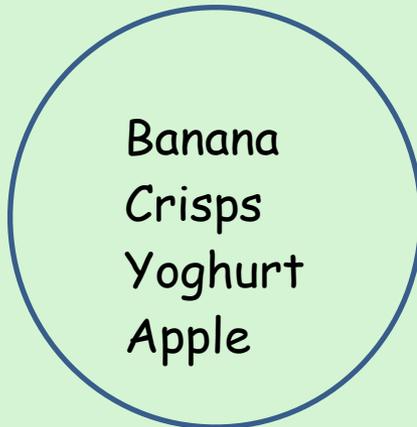
Dinner



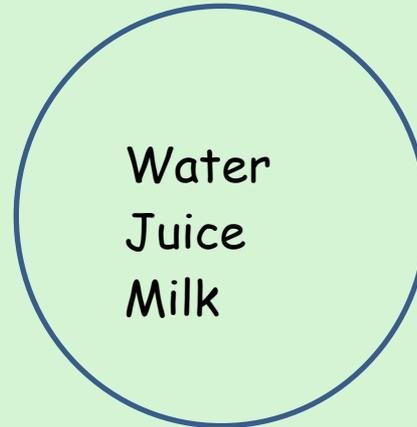
Tea



Snacks

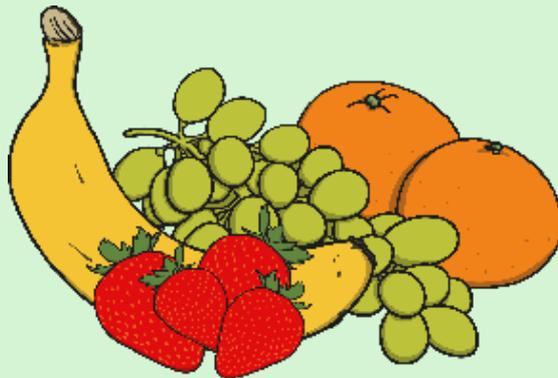


Drinks



# What have you chosen to be on your Healthy Menu Plan? Why?

In your home learning books write down what you have chosen for your healthy meal plan and tell me why.





Watch todays video



<https://youtu.be/75QeI02IpSA>

# Healthy Eating and Living



Have you heard of 5 a day?

change 4 life

It is very important to try and eat 5 fruit or vegetables a day.

Fruit and vegetables are a great source of vitamins, minerals and fibre, and are an important part of a healthy, balanced diet.

Eating plenty of fruit and vegetables helps keep us healthy, and may reduce the risk of our bodies becoming ill.

Do you manage to have 5 fruit or vegetables a day?

There are many different ways to stay healthy. Some of these are:

- Exercising often
- Eating healthily
- Having a happy attitude

Why do you think being healthy is important?

# Exercising is fun!

Doing exercise often will help us all feel great and keep our bodies strong!  
Our hearts need to be kept active and pumping.

**Exercise also burns fat.**

Let's start our lesson off by completing some of these simple exercises.

Find a space and click the link below to follow.

<https://www.youtube.com/watch?v=oc4QS2USKmk>



Did you enjoy that?

Put your hand on your chest? Can you feel your heart beating faster?

This happens when you exercise because your heart rate gets faster.

Your body is burning off the fats in your body.

Can you think of any other ways you can stay healthy with exercise?

Here are a few easy ways to stay active:



Walking



Dancing



Playing games

Can you think of any more ways to stay active?

I would like you to think about different ways that you could keep active at home.

In your home learning books can you write your ideas down.

Then I would like you to complete one of these activities and tell me all about it in your home learning books.

Why does this activity help you stay active?



Watch today's video



[https://youtu.be/w8\\_c4v\\_d\\_ro](https://youtu.be/w8_c4v_d_ro)

# Warm up

Why do we need to warm up?

To warm up our muscles and to help prevent injury.

Follow this link to warm up

<https://www.bbc.co.uk/teach/school-radio/ks1-dance-lets-move>

# Our new topic in PE is gymnastics - What is gymnastics?

Watch this video to check your answers

<https://www.youtube.com/watch?v=qxxCgkbc9cc>



Today we are going to be doing 3 different jumps.



Stretch, Tuck and Straddle Jumps | Head Over Heels Gymnastics Tutorials

<https://www.youtube.com/watch?v=39ZsAkrx-Q>

Can you show me your Stretch?

Can you show me your Tuck?

Can you show me your Straddle?

Remember to keep your arms stretched just like the video and your toes pointed

I would like you to practise the 3 jumps you have learned today.

The more you practise the better you will be at doing these jumps.

Try and say the name of each jump before you do it to remind yourself of the names of these jumps for next week.



Watch todays video



<https://youtu.be/P13haG4xWmg>

What is sketching?



Today we are going to focus on sketching.

When we sketch we don't press on the paper hard.

We hold our pencil lightly in between our fingers.

We make light lines gently onto our paper.

We gently start with the outline of the shape that we are sketching.

You can go over the line once you have sketched the outline of the shape if you need to.

This is the picture I would like you to have a go at sketching in your home learning books.

When we sketch we take our time.

Hold your pencil lightly in between your fingers.

Lightly make outlines of the object on your paper.





Brilliant work Year 2! Keep up the great work.

Remember to send all of your pictures to your class email!

