

Curriculum

Week Beginning

1/03/21

What is our new topic?

Healthy Eating



This week...

Monday - Science

Tuesday - PSHE

Wednesday - PE

Thursday - World Book Day

Friday - DT

Click the link below to watch todays video

<https://youtu.be/Lee5bwnQA0g>

Today we are going to be looking at healthy eating. We are going to find out lots more information to help us understand how to keep our bodies fit and healthy.

We are going to remind ourselves at the different food types our bodies need.

Monday

## Why Do We Need Food?



Food keeps us healthy and helps us grow.

Food gives us energy to be able to do things during the day.

Without proper nutrition, your body can't survive.

When you eat a balanced diet, your body obtains the fuel and nutrients it needs to function properly.

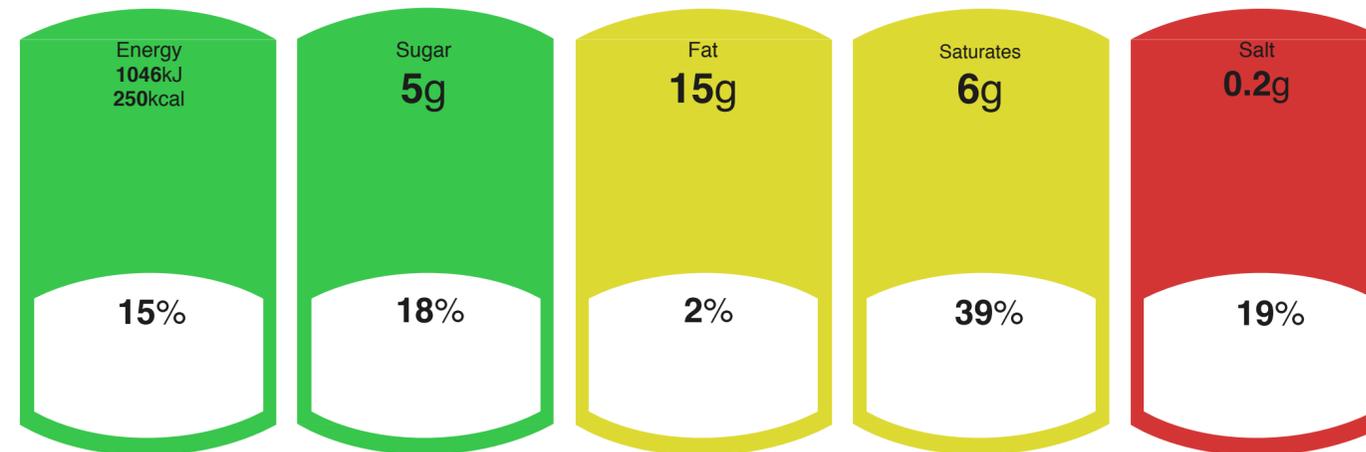
For example:

- Your body needs minerals to make hormones, build bones and regulate your heartbeat.
- Water is needed to flush out toxins, transport nutrients to cells or perform other vital bodily processes.

# How Can We Make the Right Food Choices?

Nutrition labels can help you choose between products and whether the food is high in fat, salt and added sugars.

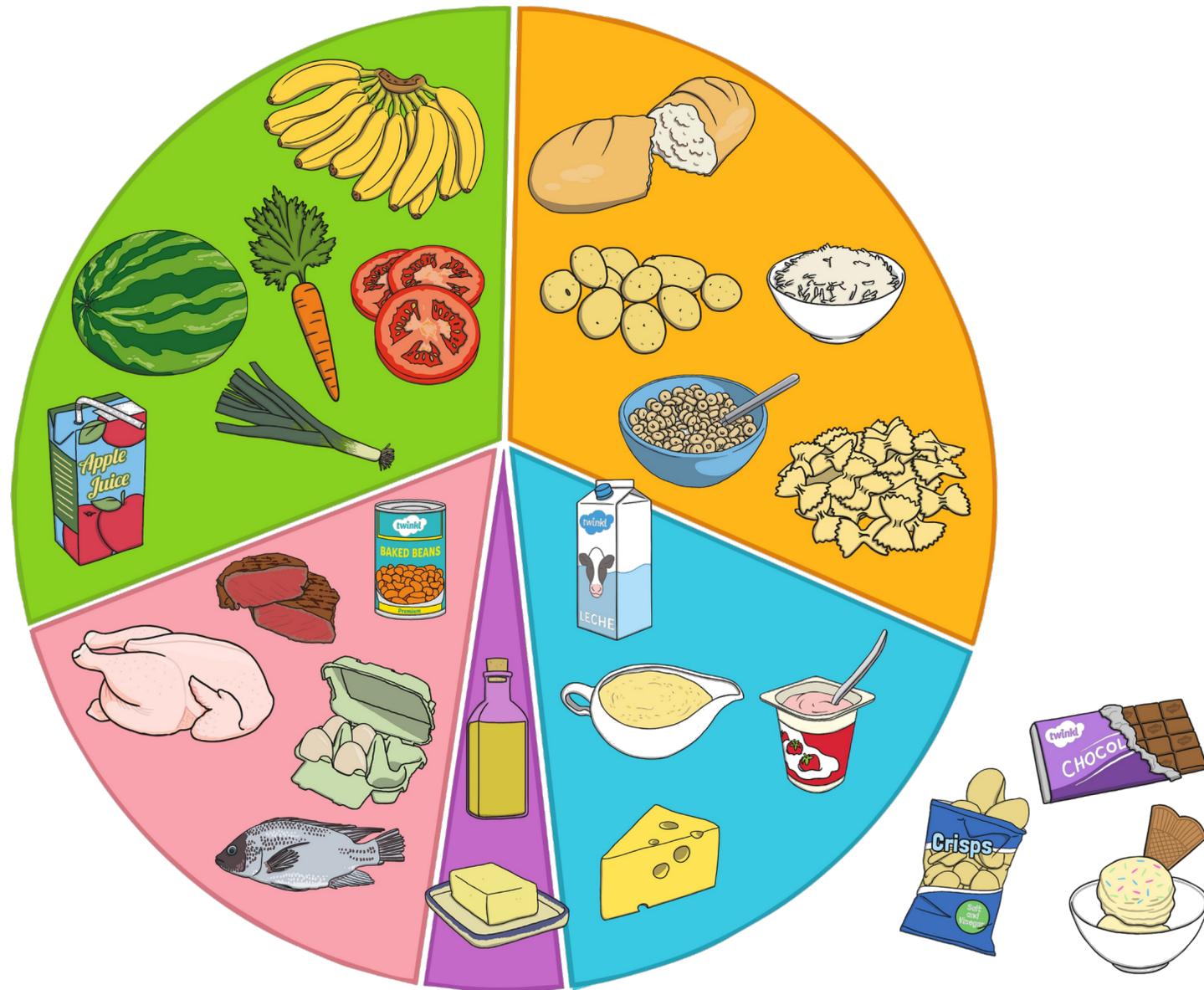
Colour-coded nutritional information tells you if the food has high, medium or low amounts of fat, saturated fat, sugars and salt.



Green is a low amount, amber is a medium amount and red is a high amount. If you buy a food that has all or mostly green on the label, it's a healthier choice.

You could have a look at the labels on your food at home and see if you can recognise any of the colours from above.

# What Should We Be Eating? 'The Eatwell Plate'



To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

An average meal should be made up of one-third carbohydrates and one-third fruit and vegetables, with the remaining one-third split between dairy, protein and a little bit of fat.

Let's take a look at the different types of food we need each day ...

# Fruit and Vegetables

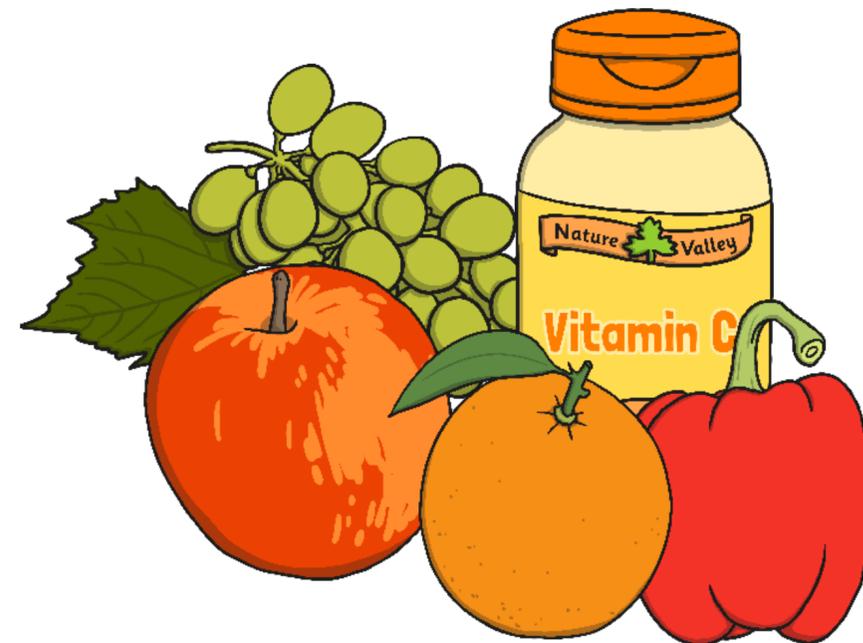
Fruit and vegetables are a good source of vitamins and minerals, including vitamin C and potassium.

They're an excellent source of dietary fibre, which helps maintain healthy digestion.

A diet high in fibre can also reduce your risk of heart disease, stroke and some cancers.

They help to keep your body healthy, to grow and repair and help to fight infections.

Fruit and vegetables taste delicious and there's a wide variety to choose from.



# Bread, Rice, Potatoes & Pasta

(carbohydrates)

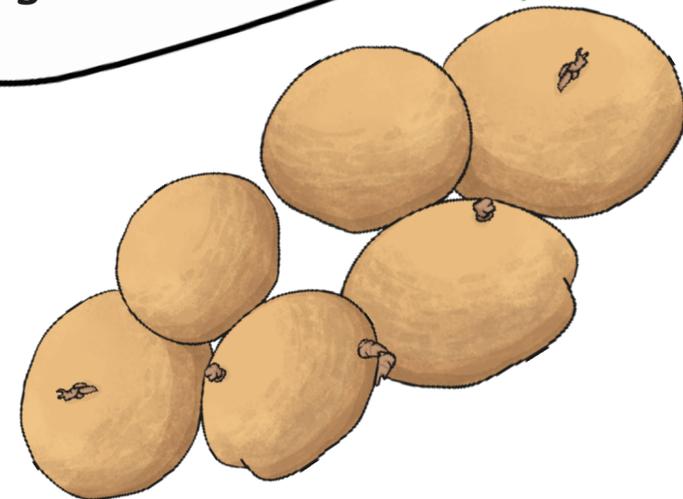
Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

As well as starch, they contain fibre, calcium, iron and B vitamins.

You should eat **lots** of these foods everyday.



Remember -  
potatoes don't count  
as one of your fruit  
or vegetables!



# Milk and Dairy

Milk and dairy products are great sources of protein and calcium. To make healthier choices, go for lower-fat milk and dairy foods.

Our bodies need protein to work properly and to grow or repair themselves. Calcium helps to keep our bones and teeth strong.

The calcium in dairy foods is particularly good for us because our bodies absorb it easily.

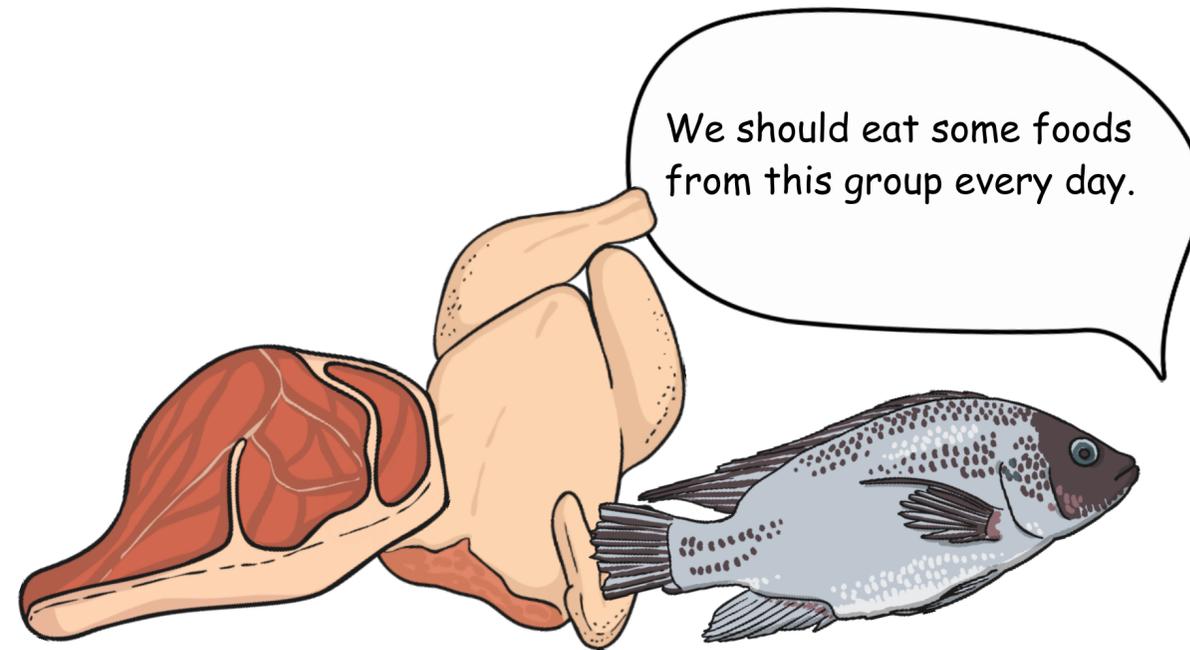
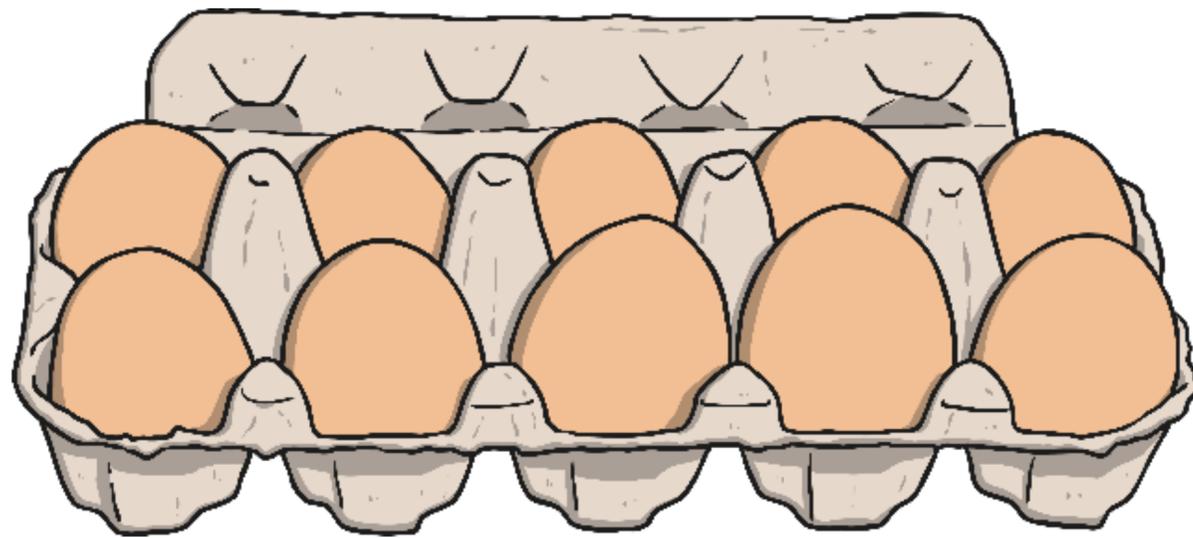


# Meat, Fish, Eggs and Beans

(Protein and other non-dairy products)

Meat is a good source of protein, vitamins and minerals in your diet.

These foods help the body to grow and repair itself and keep hair, skin, muscles and nails strong.



We should eat some foods from this group every day.

# Foods and Drinks High in Fat and Sugar

These foods provide the body with energy, warmth and insulation around vital organs.

Too much fat in your diet can raise cholesterol, which increases the risk of heart disease.

A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3 because the body can't make them itself. Fat helps the body absorb vitamins A, D and E.



Current UK government guidelines advise cutting down on all fats and replacing saturated fat with some unsaturated fat.

In your home learning books can you create a little fact file about the different foods our bodies need.

You can use subheadings for each food type.

Here is an example I have completed. Please use this to help you set out your work but use your own ideas to create this. You could either make a booklet, poster or a leaflet.

## Fact File

### Foods that our bodies need

#### Fruit and Vegetables

- Carrots
- Broccoli
- Peas
- Bananas
- Oranges
- Apples
- Grapes
- Peppers
- Kiwi

#### Carbohydrates

- Bread
- Rice
- Pasta
- Potatoes

#### Milk and Dairy

- Milk
- Yoghurt
- Cheese
- Butter

#### Protein

- Meat
- Fish
- Eggs
- Beans

#### Foods High in Fat

- Sweets
- Chocolate
- Cake
- Biscuits

Tuesday

PSHE

Click the link below to watch todays video

<https://youtu.be/SUvXzQSfYRQ>

Today we are going to be food detectives!



We are going to be looking at different foods that you will recognise from yesterday and we are going to spot the odd one out. We are on the hunt for FRUIT and VEGETABLES.

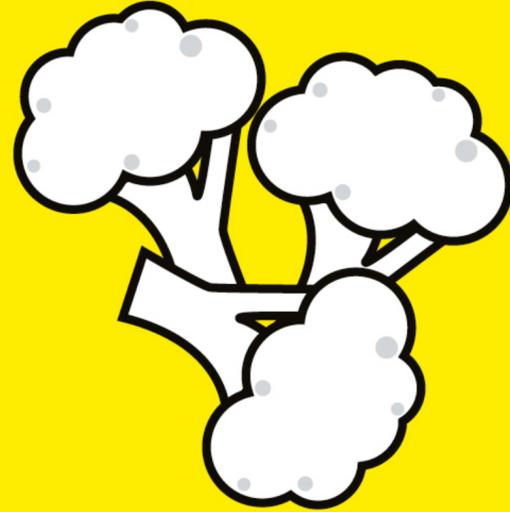
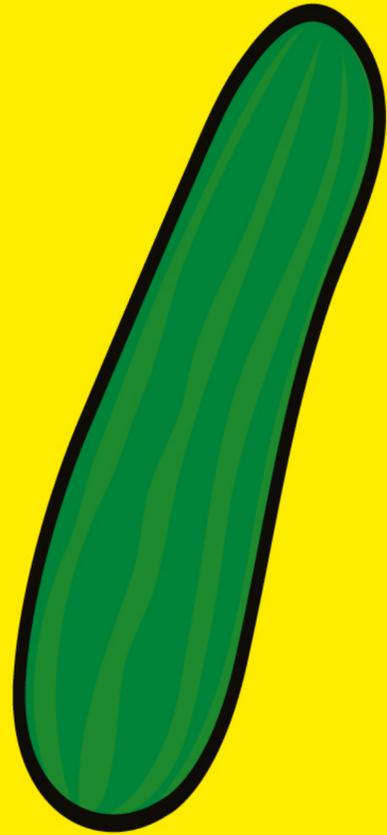
If you see any food that isn't a fruit or vegetable you need to write it down in your home learning book so we can make sure we get rid of it. Miss Canning got confused and mixed them all up.

Are you ready to be a food detective?

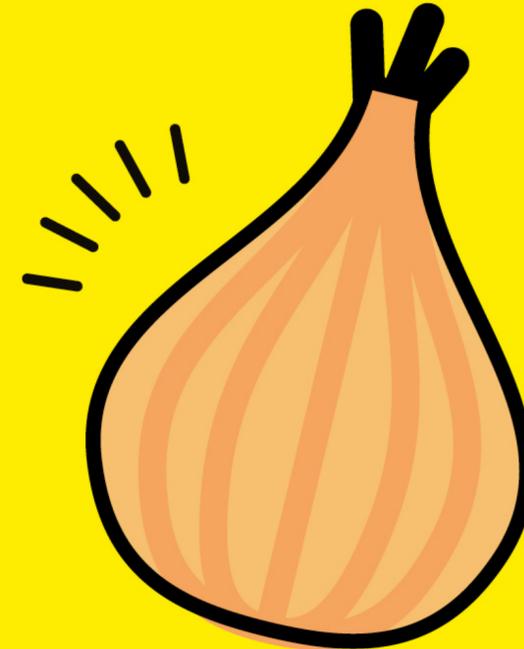
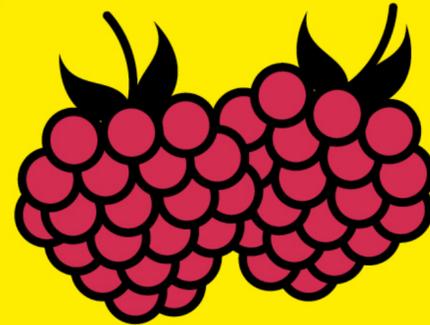
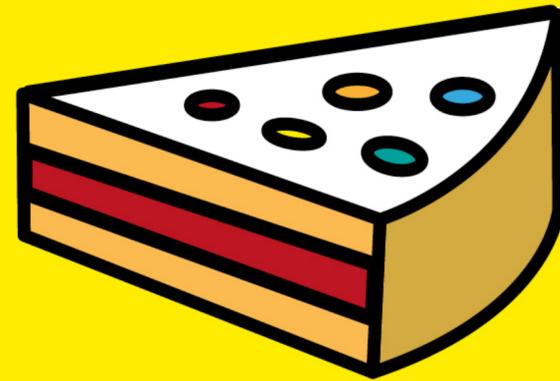




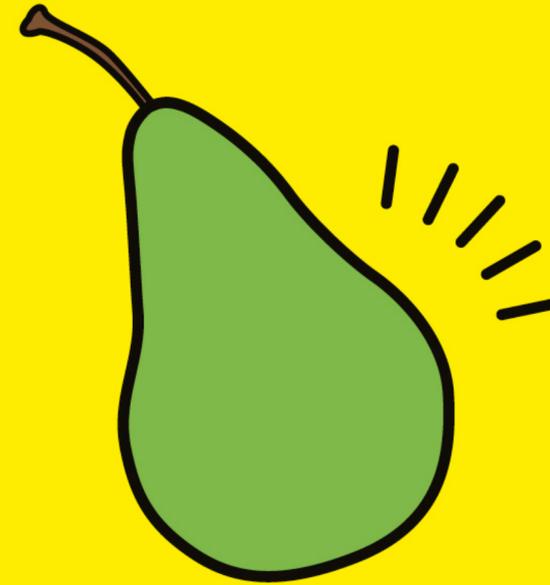
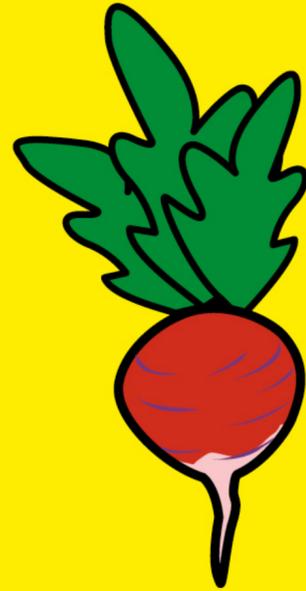
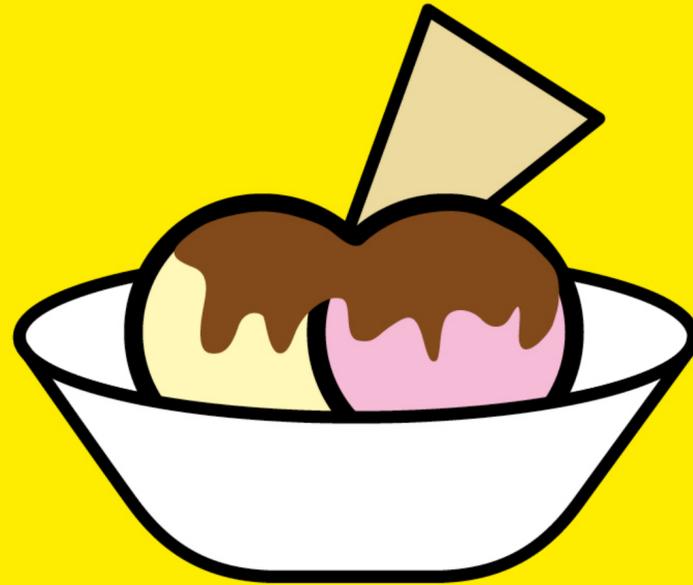
Which is the **odd one out**?



Which is the **odd one out**?



Which is the **odd one out**?



Which is the **odd one out**?

Well done Year 2. You were super food detectives!

I have a new mission for you detectives. Do you think you can help?

I would like to find out about different fruits and vegetables. Can you find a fruit or vegetable in your house?

If you can, please can you hold one of the fruit or vegetables in your hand? If you do not have this at home I would like you to think about a fruit or vegetable that you have had before.

We are going to use our 5 senses for our undercover investigation.

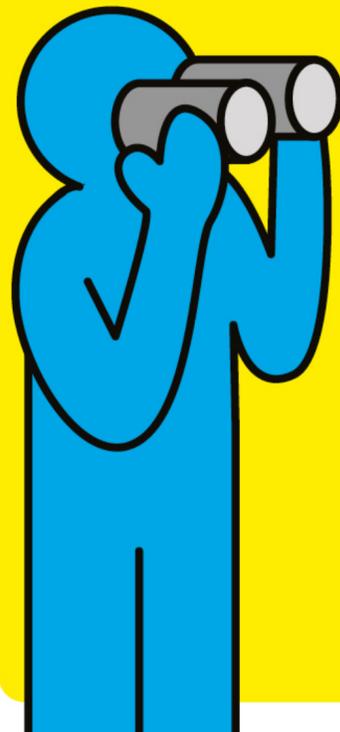
**food**  
detectives  
key stage 1

# Undercover Investigation



Use your detecting skills to find out about your mystery fruit or vegetable!

# What does your fruit or vegetable **feel** like? (Don't squeeze too hard!)



soft?  
smooth?  
hard?

bumpy?  
prickly?  
cold?

warm?  
sticky?  
hairy?

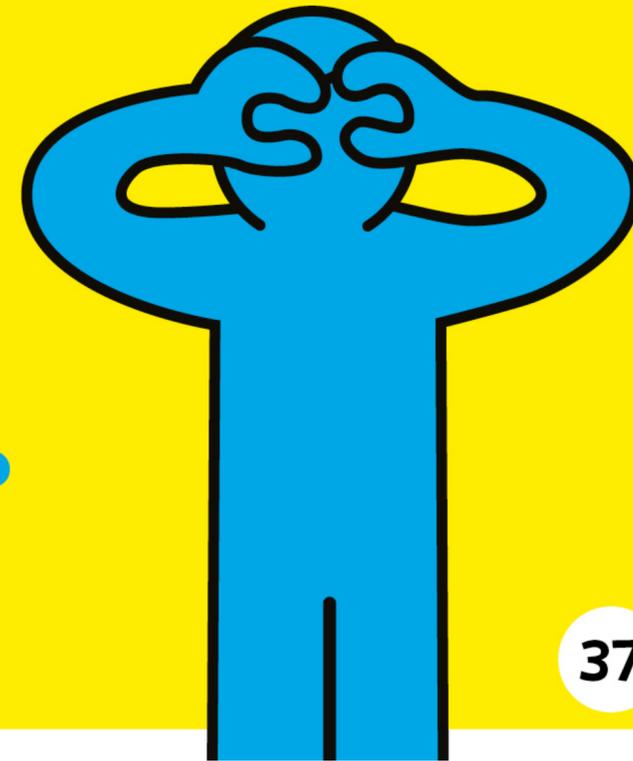
# What does your fruit or vegetable **look** like?

what colour is it?

what shape is it?

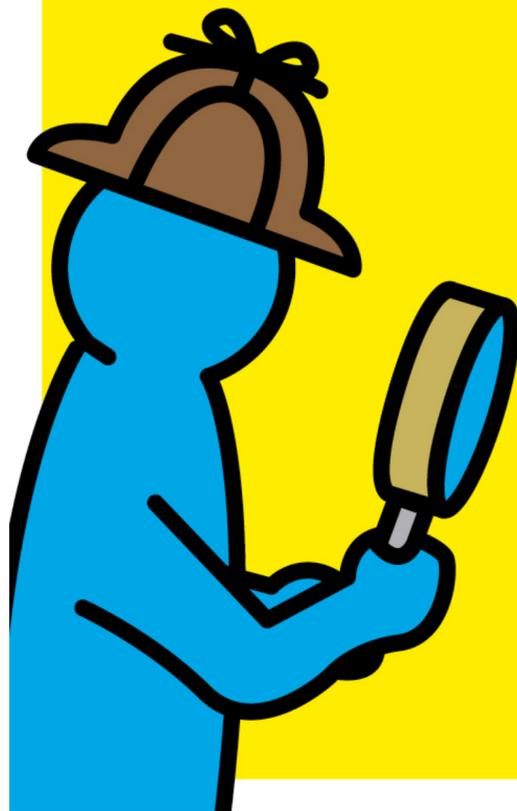
is it shiny or dull?

does it have a stalk?



# What does your fruit or vegetable **smell** like?

(Be careful not to give away the name  
of the fruit in the words you choose!)



sweet?

sour?

fresh?

faint?

strong?

no smell?

musty?

What does your  
fruit or vegetable **taste** like?  
How does it feel when it's  
in your mouth?

sweet?

bitter?

squashy?

sour?

peppery?

chewy?

fresh?

tasty?

soft?

delicious?

tasteless?

hard?

sharp?

crunchy?

dry?

bland?

juicy?

moist?

Well done Year 2. You were brilliant undercover detectives.

Can you write all of your answers down in your home learning books and tell me at the end what fruit or vegetable you had or was thinking about.



Wednesday

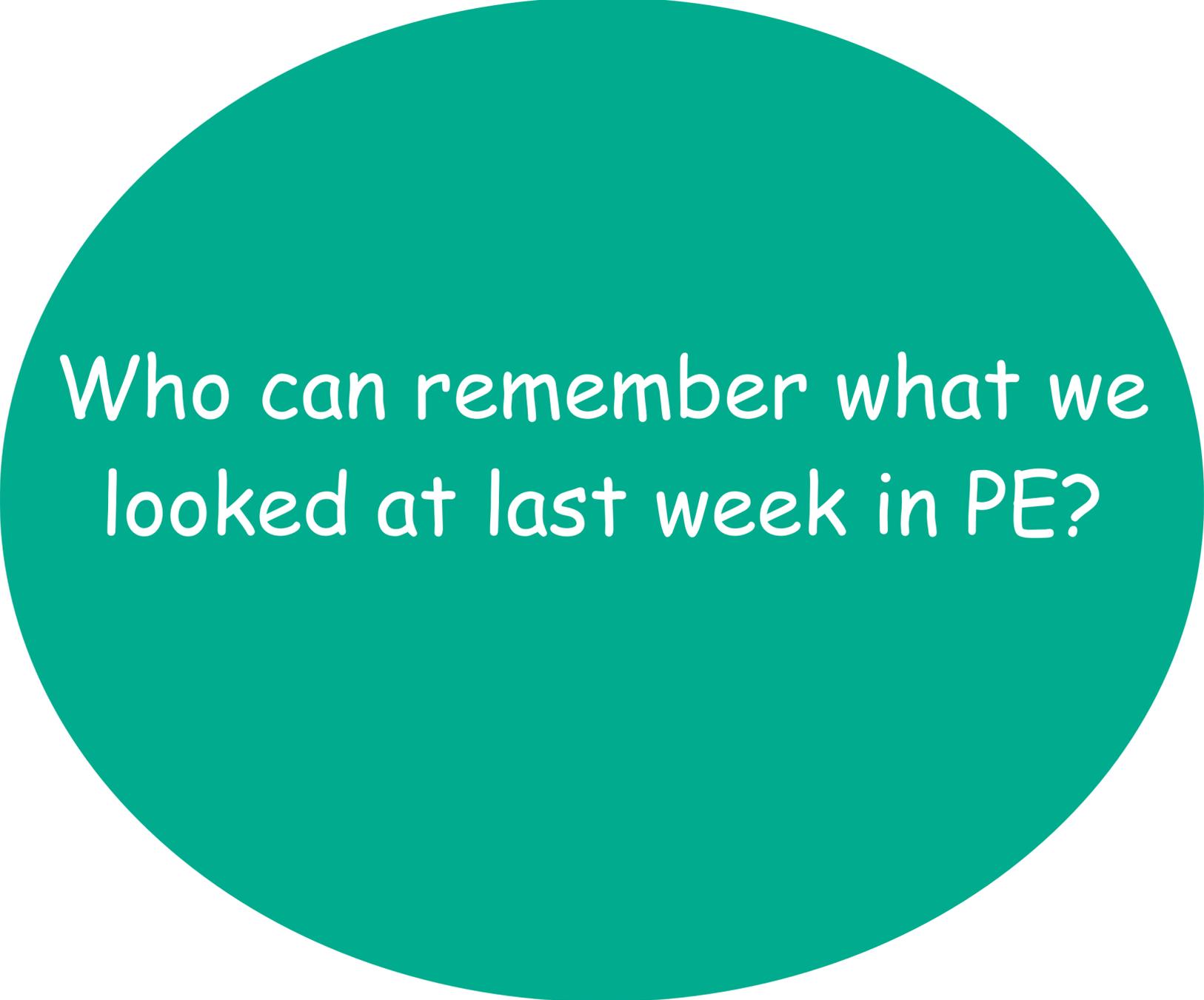
PE



We need to warm  
out bodies up!

Click the link below to join in on our warm up

<https://www.youtube.com/watch?v=5GJZIJ6Cfoo>



Who can remember what we  
looked at last week in PE?

We looked at gymnastics!

Can you remember what 3 jumps we practised last week?

What are the names of the jumps?

Click the link below to revisit our video from last week

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

This week we are going to have a look at front and back support in gymnastics.

Click the video link below to find out more.

<https://www.youtube.com/watch?v=a9iVfV12lCO>

Can you have a go at doing this at home?

We are also going to learn how to do a bridge in gymnastics.

Have you heard of a bridge before?

Click the video link below to find out more.

[https://www.youtube.com/watch?v=cwF\\_OQQkLiY](https://www.youtube.com/watch?v=cwF_OQQkLiY)

Can you have a go at doing this at home?

# COOL DOWN

Let's do a cool down.

Lay flat on your back.

Take deep breaths in through your nose and out through your mouth.

Do this 10 times to help relax your body.

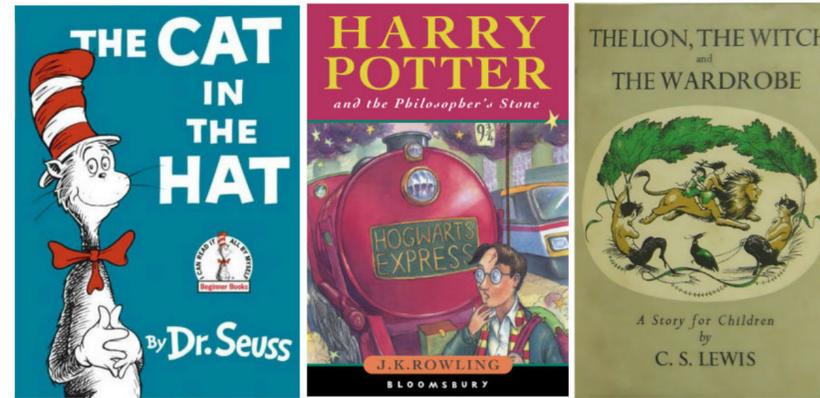
Thursday

World Book Day

Click below for todays video

[https://youtu.be/LKDJeg\\_czmM](https://youtu.be/LKDJeg_czmM)

# World Book Day



Today I would like you to think of your favourite characters from your favourite books.

Why are they your favourite character?

What do you like about them the most?

Are they kind?

Are they funny?

In your home learning books I would like you to describe your favourite character from your favourite book and tell me all about them.

Name: Class: World Book day competition

We would like you to think of your favourite book character from any book that you like! Now, what might the bedroom of that character look like? Is it going to be messy and smelly like Mr Twit's bedroom? Or, is it going to be a grassy room filled with yummy food for the Hungry Caterpillar? Design your character's bedroom below

Character name: ..... Name of book: .....

Description of the room: .....  
.....  
.....  
.....

Send a picture of your characters bedroom to our class email to enter the competition



Click the link below for more great ideas and fun activities that you could do at home this world book day

<https://www.youtube.com/watch?v=IUcLsC0bPiQ>

Friday

DT

Click the link below to watch todays video

<https://youtu.be/2oJNC-FrS3k>

## Dinner Time!

Our new topic this term is healthy eating.

I thought for your last curriculum lesson at home it would be lovely for you to be able to make or join in on making your own dinner.

Make sure you ask your adult before you start to do this.

I would like you to write what you are going to have for your dinner in your Home Learning books.

In your books I would like you to explain what you are going to make and how you are going to make this.

I would choose a sandwich. If you are helping your adult to make something else that is ok.

Before you start making your meal I would like you to **WASH YOUR HANDS**. Hygiene is very important when touching food.



# How to make a sandwich

Step 1: First get out your ingredients that you are going to use e.g bread, butter and cheese.

Step 2: Place your bread flat on a plate or a clean kitchen surface.

Step 3: Use your butter knife to scoop a little bit of butter.

Step 4: Gently spread your butter across your bread so it covers all of one side of your piece of bread.

Step 5: Do the same on the other slice of bread.

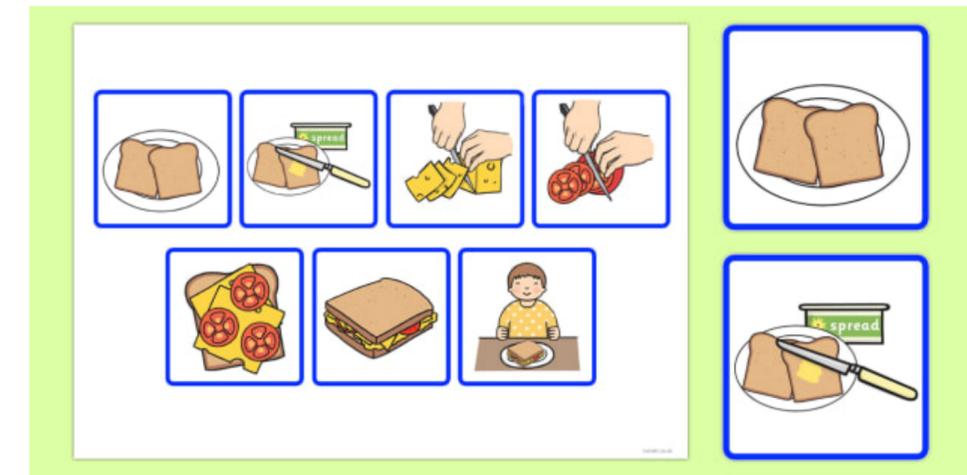
Step 6: Add your filling e.g cheese on to one slice of bread.

Step 7: Put your other slice of bread on top with the butter side facing in.

Step 8: Using your butter knife gently cut your sandwich down the middle.

ENJOY!

Don't forget to send a picture of your sandwich to your class email!



You will need:  
Bread  
Butter  
Sandwich filling  
Butter Knife