

Task 6: Healthy and Unhealthy Foods

Your challenge is to explore healthy foods, which is very important if you want to be physically fit and healthy. Read through this website with an adult, and talk about the different types of foods that are needed for a balanced diet.

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j>

Then, practically or on paper, put examples of food into two piles (healthy and unhealthy). Even better if you can now help make a healthy lunch or dinner to give you all the energy you need to recover after your super workouts!



Healthy inside and out



Your optional homework tasks this half term all link to our 'Healthy inside and out' topic. You will need to think about what you learn in school to help you with each task.

We can't wait to see any of the work you complete.

You can complete the tasks in any order and do as many as you wish. Remember the important thing is to have fun!

**How do our choices
affect our lives?**

**How can we look after
our wellbeing?**

What did the Ancient Greeks achieve?

Task 1: Art/Literacy

In Literacy we are listening to Greek Myths. Can you create/draw your own mythical creature. Then write a short description of your creature. What does it look like? What can it do?

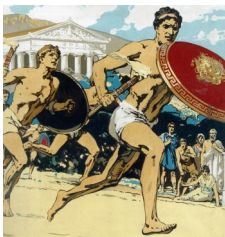


Task 2: Olympians

The Olympics began with the Greeks many years ago. Can you research how the Olympics started? You can present your information in the style of a poster or a PowerPoint.

The link below is a good place to start:

<https://www.olympic.org/ancient-Olympic-games>



Task 3: Science (plants)

Watch the videos on BBC Bitesize and learn what plants need to grow healthily.



<https://www.bbc.co.uk/bitesize/topics/zy66fg8>

Have a go at growing a plant at home and create a diary of your plants growth. You can use your knowledge of measure to record how much your plant is growing each week. Don't forget to take photos each week.

Task 4: Famous Athlete

Research a famous Athlete and write a series of questions that you would ask them in an interview.



Task 5: Maths (Times tables)

We need to continue practising our times tables and making sure we are super confident at these.

Go on the website below and practise your 2's, 3's, 4's, 5's, 8's and 10's.

www.timestables.co.uk/speed-test/

Remember you can also practise these on Times Table Rock Stars.