

# Healthy Inside and out

Why is it important to stay healthy?

## Homework Choices

Year 1 - Summer 2



Your optional homework tasks this half term all link to our 'Healthy Inside and Out'. 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, please bring it in to your class teacher.

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

### Task 1:

Following on from our learning about plants, take a walk around your local environment. What type of plants can you find? Are you able to investigate and name the different parts of the plant?

### Task 2: Design it!

Can you design and prepare a healthy pudding for you and your family? Remember to write a list of ingredients and use the following language when writing the method:

First, Second, Next, After that, Finally.



### Task 3: Read it!

Read a book in an unusual place outdoors! Why not go to the beach or even to your local park!



### Task 4:

Can you research the different layers of the ocean? Think about:

Trench layer, Abyss Layer, Midnight Layer, Twilight Layer and Sunlight Layer.

Create a sand/ bean filled jar to represent the layers.

### Task 5:

Can you make a collage using natural resources? Have you used garden or wild flowers? What else can you use?

