

Monday

L.O: To understand the content and purpose of different food groups

Today we are learning about different food groups and the nutrients (goodness) they provide. For task 1, you can print out the sheet or complete a similar activity online. Task 2 is printable.

<http://archive.foodafactoflife.org.uk/Activity.aspx?siteId=14§ionId=61&contentId=1853>

Video links <https://www.bbc.co.uk/bitesize/clips/ztr3cdm>

Tuesday

L.O: To understand the importance of a balanced diet

This BBCwebsite has a clip and a quiz for you to try!

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

Water video: <https://www.bbc.co.uk/bitesize/topics/zjr8mp3/articles/zj8nxbk>

Do you think the pictures on the flipchart show balanced meals? How would you improve them?

Task 1 – look at Ellie’s lunch. Do you think she gets a balanced diet? Why is having a balanced lunch important?

Challenge – design two balanced lunches that you would enjoy

Wednesday

Assessment – try the assessment. If you are printing, miss out page 4!!

The answers are attached – remember, if you get something wrong – it doesn’t matter, just try to work out where you went wrong!