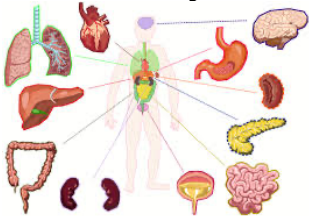

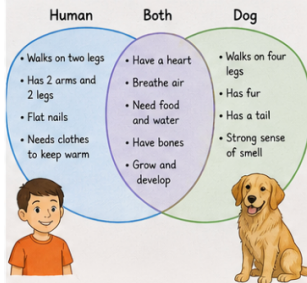
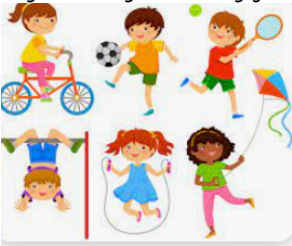
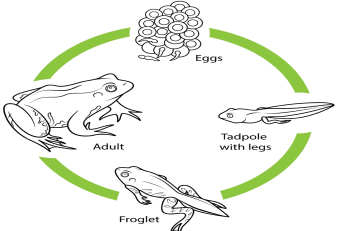




## Sparrows Home learning ideas: Healthy Me!

Choose a task for each week of the term. We want you to be engaged with your homework so there is a lot of choice for you. You can either share your work electronically (email to: [e.nijhuis@banburystmarysschool.co.uk](mailto:e.nijhuis@banburystmarysschool.co.uk)) or add to your homework book.

Science	DT	Topic	PSHE
<p>Make a fact file about a human body part such as the heart, brain, lungs or skeleton. Include interesting facts and labelled diagrams.</p> 	<p>Create a food safety poster explaining how to stay safe and hygienic in the kitchen.</p> 	<p>Research an animal and compare its body to a human body. How are they similar and different?</p> 	<p>Keep an exercise diary for one week. Record the activities you do and how they make your body feel.</p> 
<p>Draw and label the life cycle of a human or an animal.</p> <p>Life Cycle of a Frog</p> 	<p>Create a balanced meal plate using drawings, magazine cuttings or digital images. Can you include all the food groups?</p> 	<p>Invent a new smoothie flavour. Create a recipe and give your smoothie a fun name.</p> 	<p>Create a healthy lifestyle poster. Include ideas for exercise, healthy eating, sleep and drinking water.</p> 