

Year 5/6 Topic Homework Task Sheet Term 4

*Both tasks should be handed in on **Tuesday 31st of March***

Written Task – Choose **ONE** of the following tasks: (If you are writing by hand please complete straight into your h/w book.).

A leaflet on healthy living

Design a leaflet that includes advice for children on how to keep healthy. This could include information about diet, exercise and hygiene. Make sure it is laid out clearly and you can include diagrams.

<https://www.nhs.uk/change4life>

Keep a weekly food diary

Keep a food diary for **one week**. Design and draw your food diary either in your homework book or you can create it digitally or print it out. Here is an example of one day:

Meal	Food
Breakfast	Greek yoghurt with berries, water
Lunch	Chicken and vegetable wholemeal wrap, water
Dinner	Homemade vegetable curry, brown rice
Snacks	Boiled eggs, water Piece of fruit, nuts, water

A healthy recipe

Design your own healthy meal and write up the recipe. Make sure you include the ingredients (including amounts) and outline your method clearly step-by-step. Why did you choose the ingredients you did? Explain fully.

Practical Task – Please choose **ONE** of the following tasks.

Prepare a healthy, balanced meal

Prepare/cook a healthy balanced meal. See this website for examples of balanced meal:

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Think carefully about which recipe you choose. Take pictures of your process and final meal. Include reviews from family members if you like!

Design your own exercise circuit

Your circuit must include at least four different activities. Draw it in your book. For example:

- Push-ups (against the wall, on their knees, or full push-ups).
- Jump rope.
- Step-ups (either with a "step" or up and down the stairs).
- Jumping jacks.
- Squats.
- Balance on one leg.

Try out your circuit and maybe get some family members to join you!

Pulse rate analysis

Take your pulse before you start exercise - this is your 'starting pulse'. Take your pulse after you have been doing exercise for 10mins. (see website link below for a guide on how to take your pulse)

Try two different types of exercise (e.g. dancing, cycling, swimming) and compare your results. What do you notice? Record your findings carefully and clearly in your homework book. Take pictures of your activities if you like.

Pulse rate guide:

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=285&id=1467>

Parent/Carer comments box: