

Home learning wb. 27th September 2021

Focus: Science

LO: To recognise the impact of diet, exercise and lifestyle on the way my body functions.

Look at the following pictures and think about which are healthy for us and which are unhealthy. Why?



Look at the lifestyle chart. Add any more behaviours you think should be included.

Research:

What is the recommended amount of water you should drink each day?

How much sleep a child your age should get?

How much exercise a day/a week a child your age should have?

How much screen time is recommended for children?

Lifestyle chart (sample completed)

Aspect	Suggested daily behaviours
Cleanliness	Wash body regularly Wash hair regularly Wear clean clothes
Teeth cleaning	Clean teeth effectively at least twice a day Visit dentist every 6 months
Being active	Walk in place of driving where possible Try not to sit for too much of the day
Health (illness and injury)	Look after yourself when ill – eat healthily, drink plenty of fluids, and rest Clean and dress any wounds to prevent infection Visit your doctor if your illness/injury requires such action
Screen time	Try and limit the amount of time spent sitting in front of a screen each day
Sleeping	Ensure you get the right amount of sleep each night Try to form habits so that bedtime and waking up time remain fairly constant
Drinking enough water	Drink plenty of water during the day
A good diet	Eat a varied and healthy diet Try and keep sugary snacks to a minimum
Plenty of exercise (and the right mix of exercise)	Exercise in some capacity each day Vary exercise types to include: moderate, vigorous, and muscle & bone strength building

Now, create a fact sheet, that could be put up in a doctor's surgery, with information to include a healthy lifestyle and a healthy diet. Use the above behaviours. Remember to use subtitles and add illustrations. Make it as colourful and eye-catching as you like.