

Science

In science we are finding out about how to stay healthy.

You could support your child by keeping a food diary for a week and sorting the foods into the different sections of the

> Food Standards Agency

The eatwell plate Use the sativeli plate to help you get the balance right. It shows how much of what you est should come from each food group.



food s.

Support your child to research staying healthy and make an information leaflet

to explain to someone how to stay healthy.

Taste different types of healthy food and decide which is your favourite. Plan a recipe



eatwell

plate. You

could look

in your cup-

boards and

try and sort

the different

for a salad, pasta dish or fruit salad and then help your child to make it for

<u>Geography</u>

In Geography we will be finding out about islands. You could look at maps and find the names of different



islands around the world. Find the names of the oceans that the islands are in.

You could do some research to find out how different types of islands are made.

Name the four countries that make up the island of the United Kingdom and Northern Ireland.

You can find out about some well known islands here :

<u>Geography for Kids: Islands (ducksters.com)</u> You could also find out more about the fictional island of Struay from the



Design Technology

We will be continuing to develop our sewing skills in DT. You could support your child by helping them to learn how to thread a needle. Find some scraps of ABCDEF fabric and help them to @rockses & sarah learn how to complete simple running stitches, back stitches and cross stitches. Hunt around the house and see how many beads and buttons you can find. Sort them in different ways. Learn how to sew them onto fabric.

Is there only one way of doing it? Talk about what looks best and why.