

I should already know:

- What healthy and unhealthy foods are.
- What Muslims do during Ramadan.
- What Christians believe about Easter Sunday.

I will learn:

Science

- I can sort foods into the correct food groups.
- I can understand what a balanced diet is.
- I can describe the uses of the different food groups.
- I can teach others different activities to work different muscles.
- I can decide which foods to eat to give my body energy.
- I can create an well-balanced diet.
- I know how to keep myself healthy.

Computing

- I can understand what algorithms are.
- I can create and debug simple programs.

R.E

- I can compare Lent to Ramadan.
- D.I (R.E link)
- I can make pancakes and describe the ingredients I am using.

This will help in the future:

- To code programs using online technology.
- To identify that humans need the right types and amounts of nutrition.

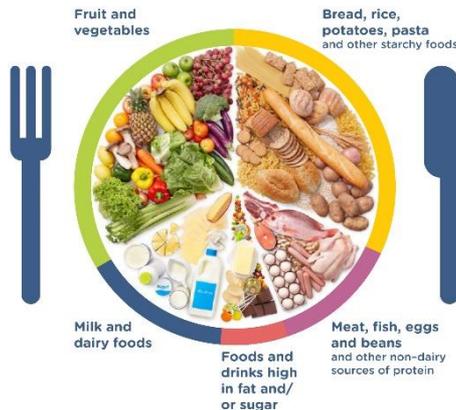
Key Words

hygiene	Any practice or activity that you do to keep things healthy and clean. Washing hands, coughing into your elbow, and regular house cleaning are all part of good hygiene .
balanced diet	Eating the correct amount of foods from the five food groups. (See the eat well plate below)
life stages	Life cycle means the stages a living thing goes through during its life .
lent	Lent is the time of year when Christians prepare for Easter. Lent begins in February or March, depending on the date of Easter.
algorithm	A sequence of instructions or a set of rules to get something done.
debug	To identify and remove errors.

A balanced diet is eating the correct amount of foods from the five food groups shown in the plate below.

The Eatwell Plate

Use the Eatwell Plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Greater Depth Challenge

- I can make my own Bee-bot mat and write an algorithm for it.
- I can make a leaflet to advise people how they can stay healthy.
- I can compare Ramadan to Lent.
- I can keep a food diary to make sure that I am eating a balanced diet.

Further Reading

- Keep running, Gingerbread man by Steve Smallman.
- The busy body book by Lizzy Rockwell.
- Kids get coding by Heather Lyons and Elizabeth Tweedale.

Science

How to keep yourself healthy through hygiene

Below are a few different ways we can keep good hygiene.

- Washing your hands after going to the toilet.
- Washing your hands before eating.
- Brushing your teeth twice a day.
- Brushing and washing your hair.
- Have baths or showers to wash your body.
- Wear clean clothes.



Healthy eating

We need to keep ourselves healthy and diet from the five different food groups. The five groups are:

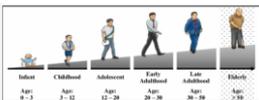
- Fruits and Vegetables
- Carbohydrates
- Protein
- Dairy
- Fats and sugar

Exercise

As well as keeping good hygiene and eating a balance diet, it is important that we exercise too. This is because exercise helps to reduce overweight and obesity, increases strength in muscles and bones and can even improve our concentration in school.

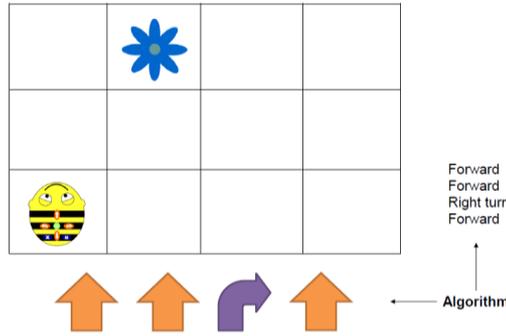
Life cycles

The picture below shows the life cycle of a human.

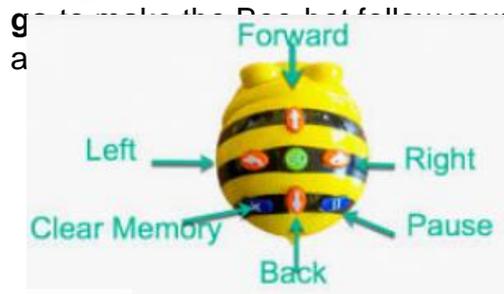


Computing

We put algorithms into Bee-bots to make them move. Below is an example algorithm



Remember to press **clear** before typing in your algorithm then press



It is important to always write down your algorithm so then you are able to easily debug any mistakes.

R.E

What is a lent?

Lent is the six week period leading up to Easter. It's one of the most important times of year for many Christians around the world. Lent starts on Ash Wednesday and ends on Easter Sunday.

It is a traditional time for Christians to fast or give something up (such as chocolate, coffee, takeaways- whatever they decide) in order for them to make their minds clear to remember the death of Jesus.

What is Shrove Tuesday?

Shrove Tuesday is the day before lent starts. The name Shrove comes from the old middle English word 'Shriven' meaning to go to confession to say sorry for the wrong things you've done.

The other name for this day, is Pancake Day. This is because the day before lent, Christians used to use all their fattening ingredients so they would be ready to fast for lent. The fattening ingredients that most people had in their houses in those days were eggs and milk. A very simple recipe to use up these ingredients was to combine them with some flour and make pancakes!

Shrove Tuesday

