

Science Pack

W/B

25.1.21

These activities are to be completed in the afternoon.

Basic Needs

MONDAY SCIENCE: go to [bbcbitesize- primary- KS1- science- animals](https://www.bbc.com/bitesize/primary/ks1/science/animals). Watch the videos in the unit about animals to help you work through science this week.



Cut out the labels at the bottom and stick them into the right categories on the page.

mammals, reptiles and birds

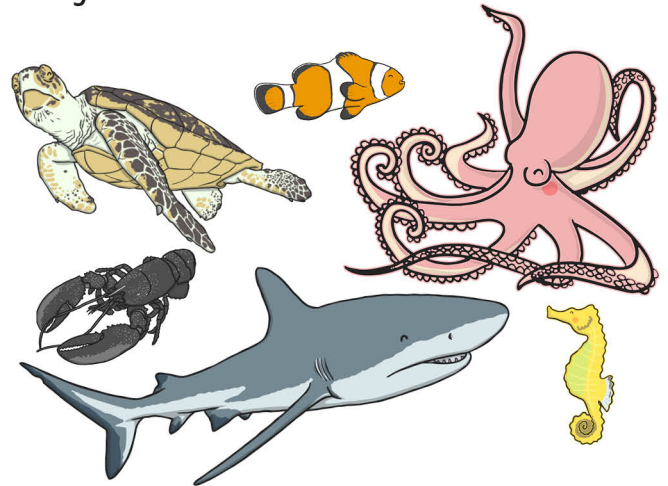


Food

Air

Water

fish and other sea creatures



Food

Air

Water

Eats meat, plants or both.



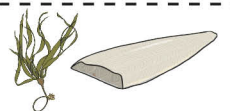
Gets water by drinking, from food or through skin.



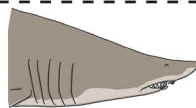
Gets water by drinking or from food.



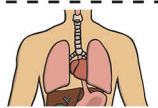
Eats meat, plants or both.



Breathes water through gills.



Breathes air into lungs.



TUESDAY


Design a Pet Home

Design the ideal home for your pet. Make sure that the home provides the pet with food, water, shelter and a space to play, rest and exercise.

Draw your pet home and label the different parts.



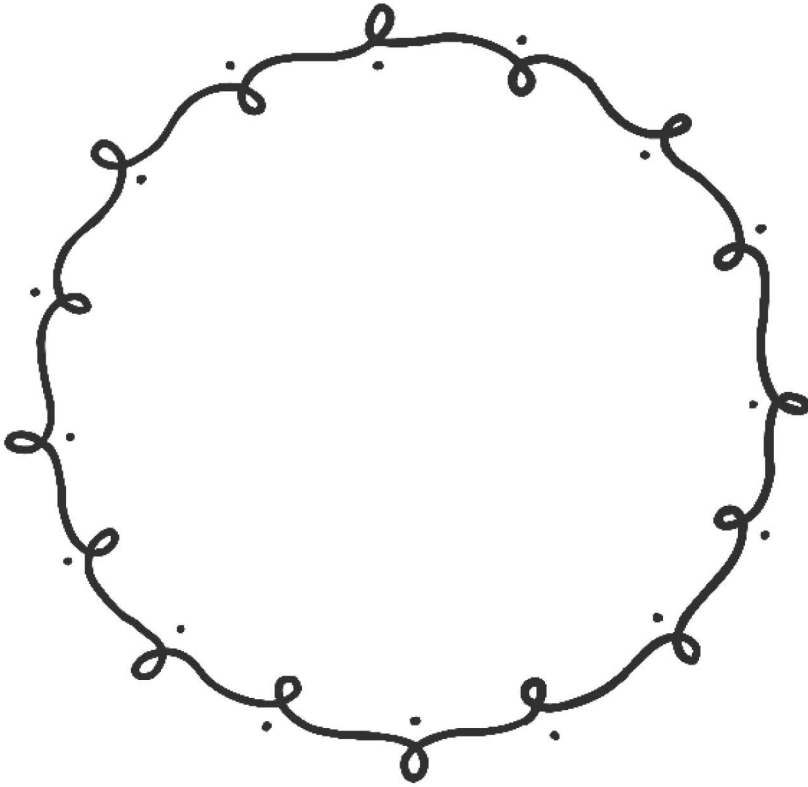
Draw your pet.



plan it

Pet Fact File

WEDNESDAY: Do you have a pet? Create a sheet all about your pet and how to look after it. If you don't have a pet create a sheet about a pet you would like to have.



About my pet:

How to care for my pet:

An interesting question about my pet:

Answer:

Healthy Menu Plan

Thursday:

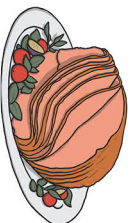
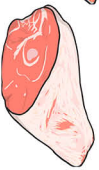
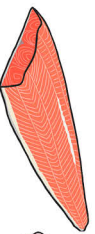
Choose food that you would like to eat during a day of healthy eating. Draw them onto the plates and label them to plan a healthy menu.

Your menu should have:

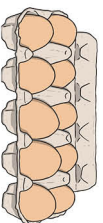
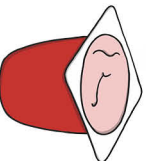
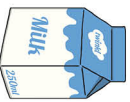
Fruit, vegetables and starchy food at every meal and for snacks.



2-3 portions of meat, fish, beans or nuts.



2-3 portions of dairy food.



No more than 1 sugary or fatty treat.



Healthy Menu Plan

I can describe a healthy diet.

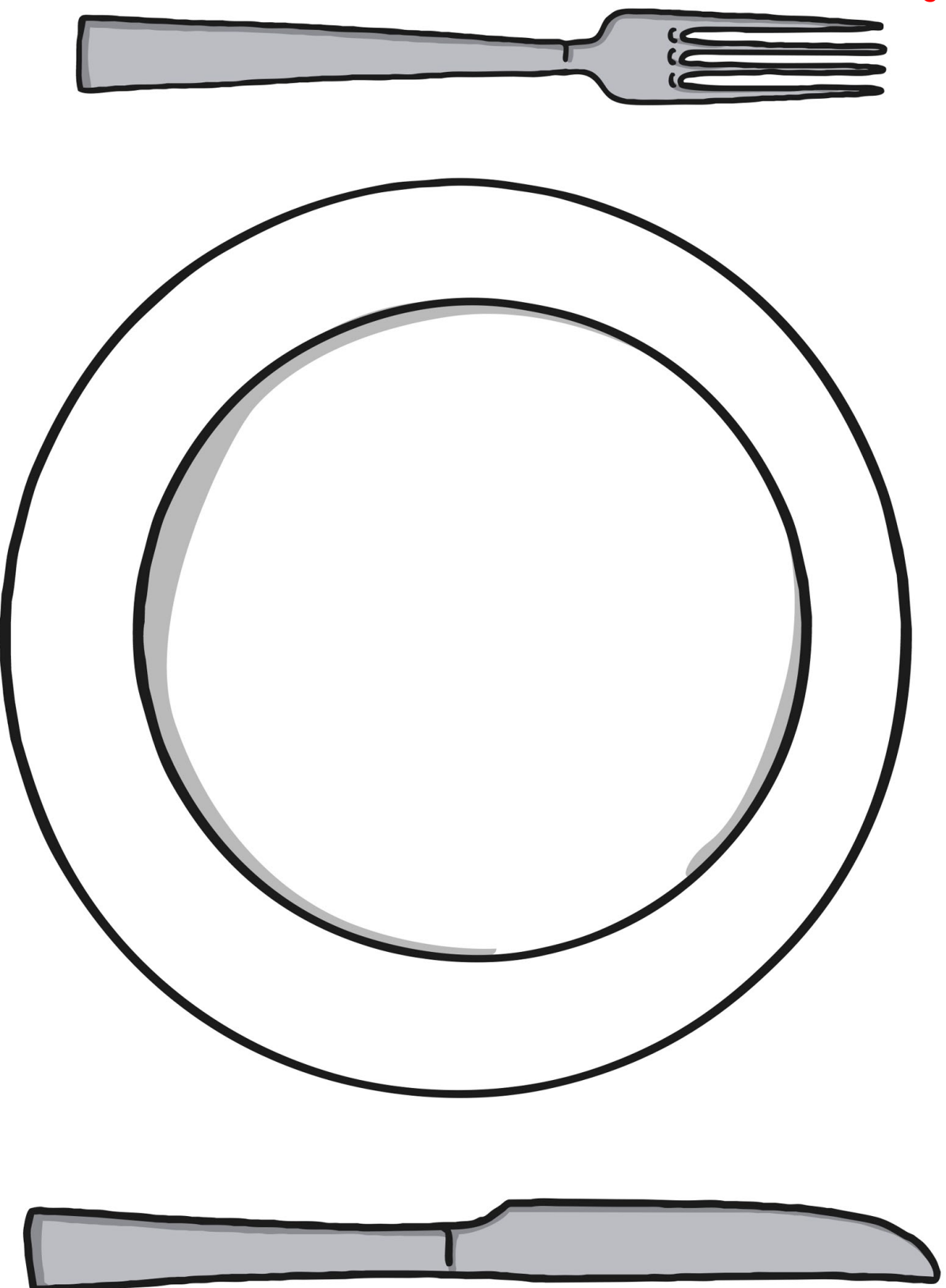
The worksheet is designed for creating a healthy menu plan. It features six main sections for food items, each represented by a large, empty circle or rectangle. The sections are labeled as follows:

- Breakfast:** A large circle with a double-line border.
- Snacks:** A smaller circle with a double-line border.
- Lunch:** A large circle with a double-line border.
- Snacks:** A smaller circle with a double-line border.
- Dinner:** A large circle with a double-line border.
- Drinks:** A rounded rectangle.

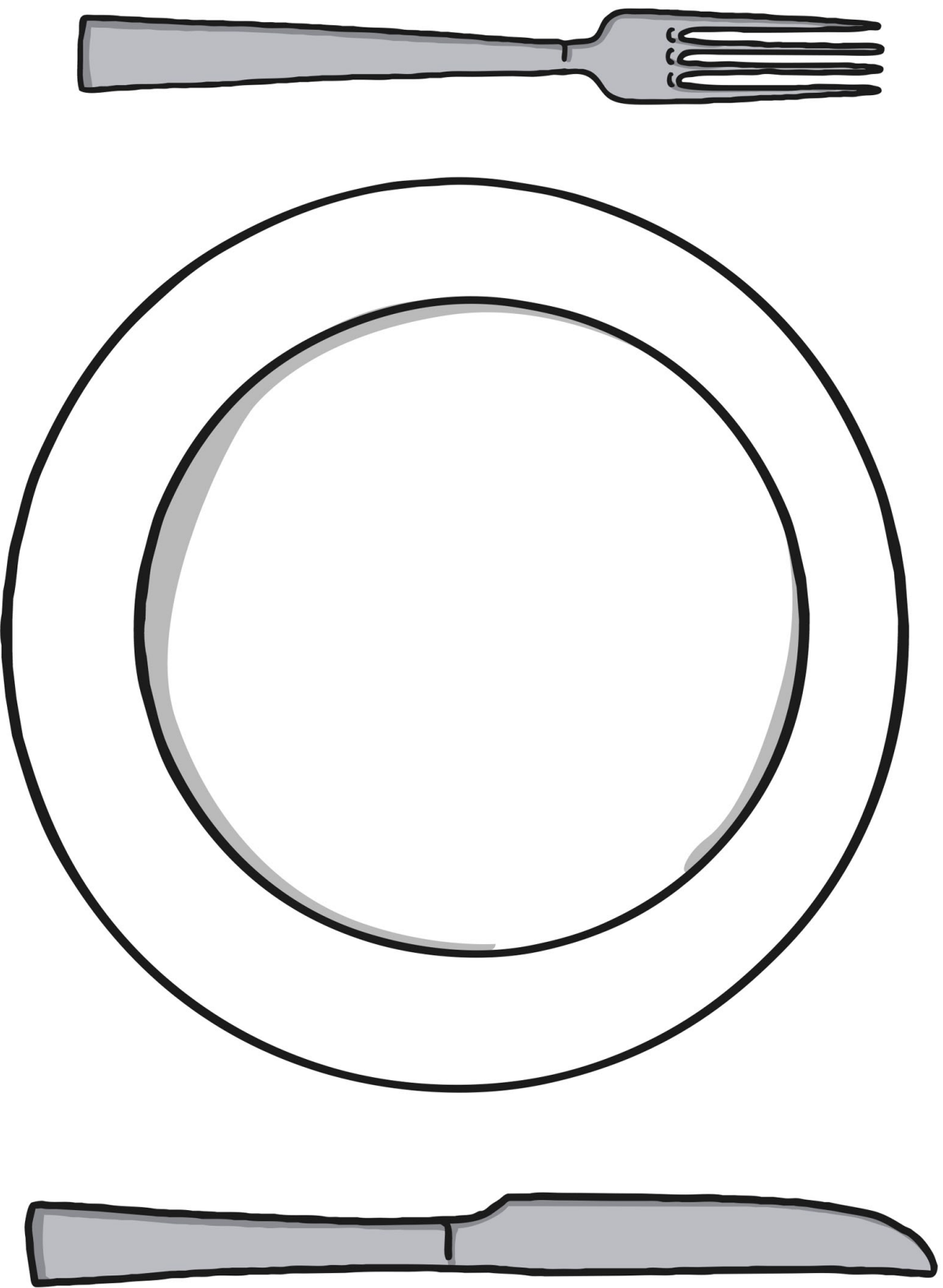
At the top left, there is an illustration of a knife and a fork. The entire page is enclosed in a rounded rectangular border with three small circles at the bottom right corner.

FRIDAY: Cut and stick the foods onto the plates. Remember to think about which foods you should try to eat each day.

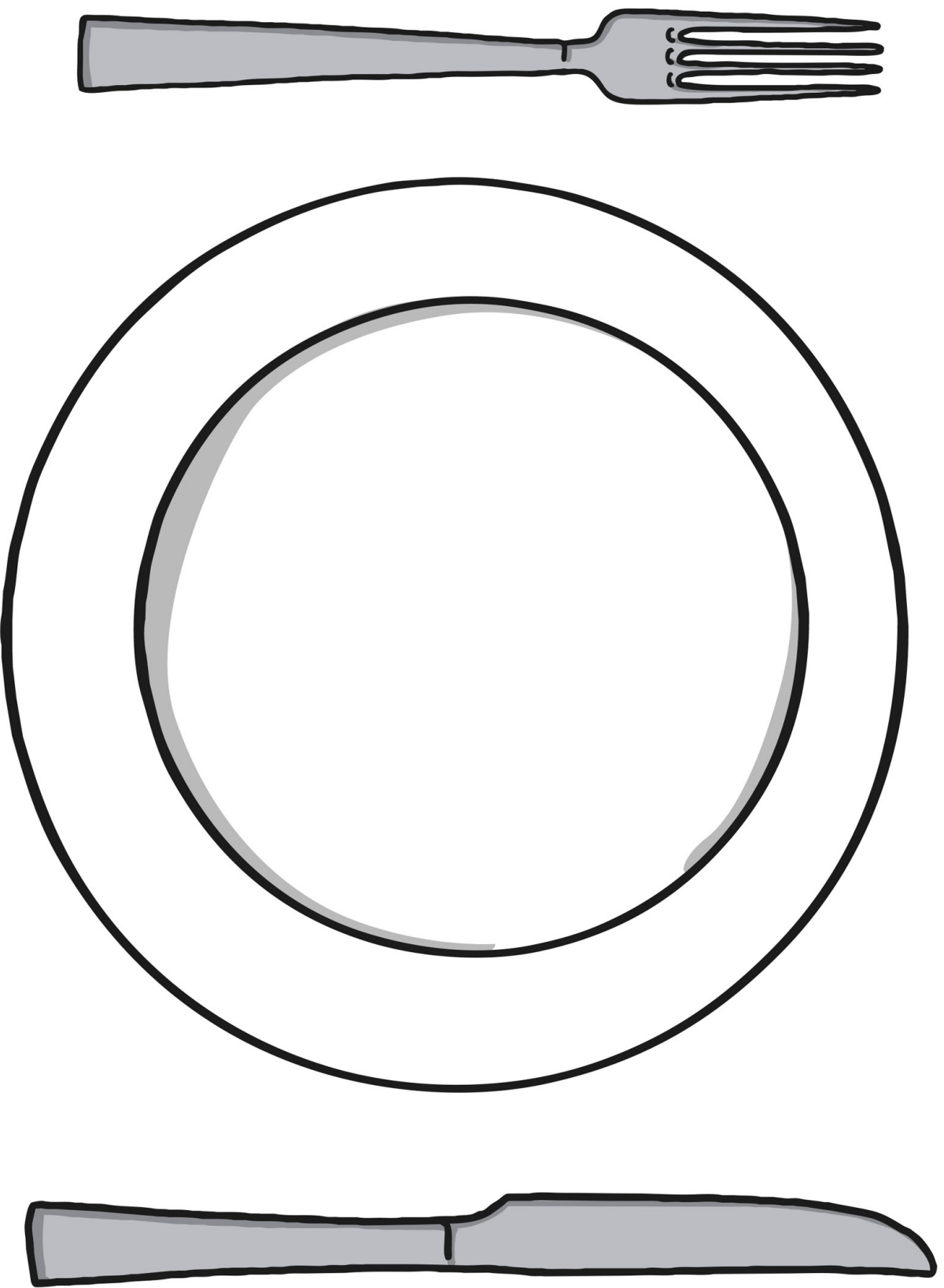
I should eat a lot of these foods!



I should eat these foods sometimes.

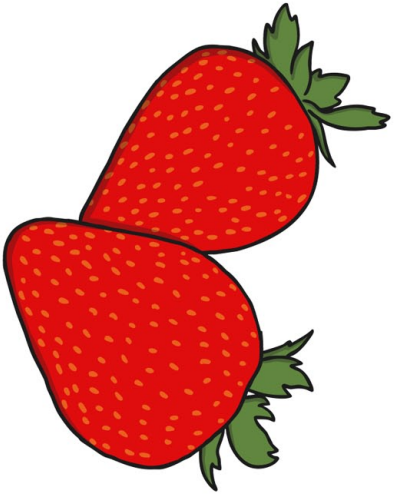


I should only eat a little bit of these foods.

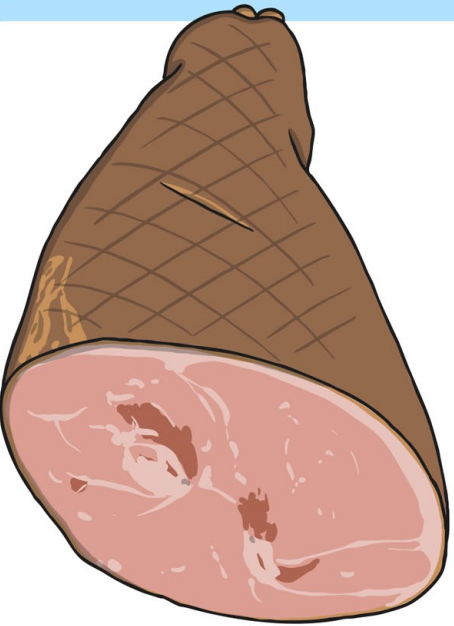




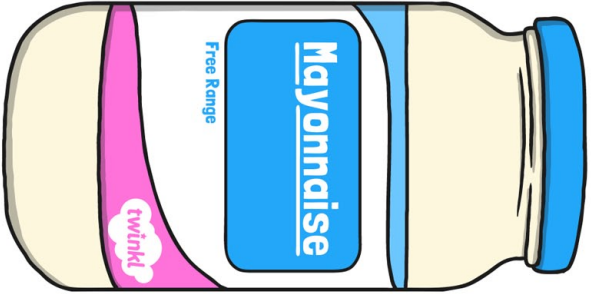
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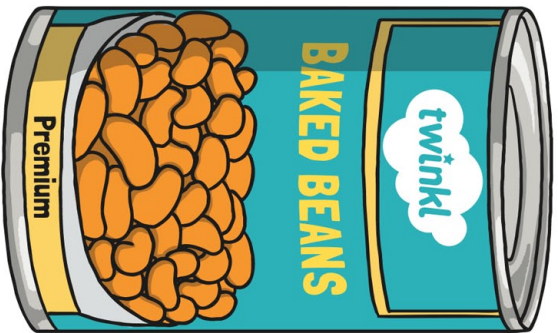
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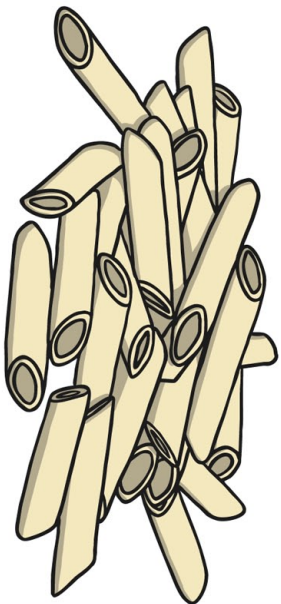
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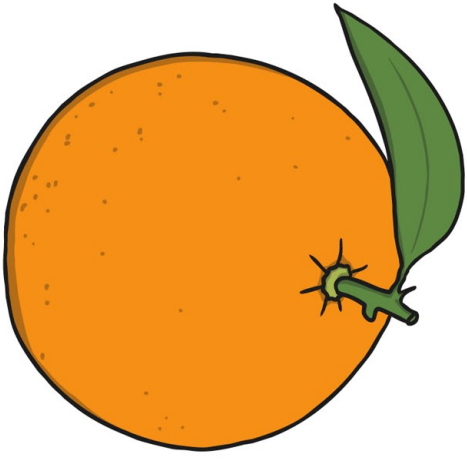


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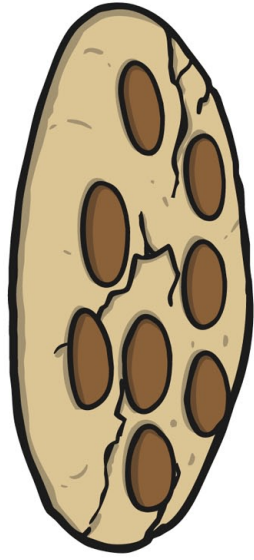


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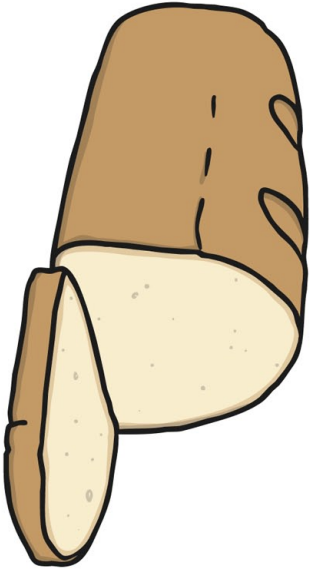
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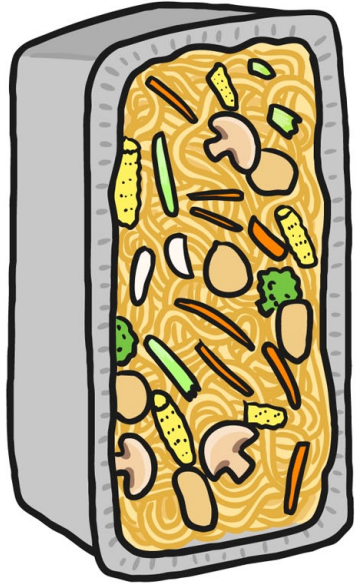
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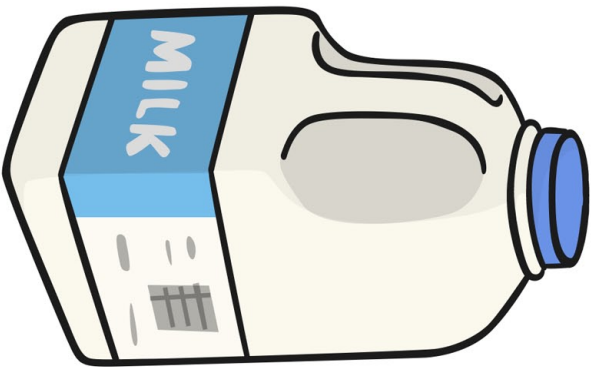
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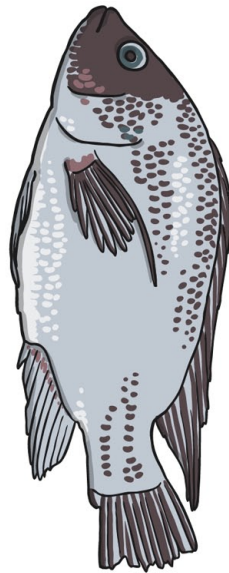
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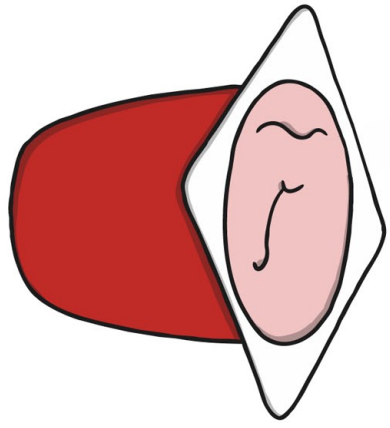
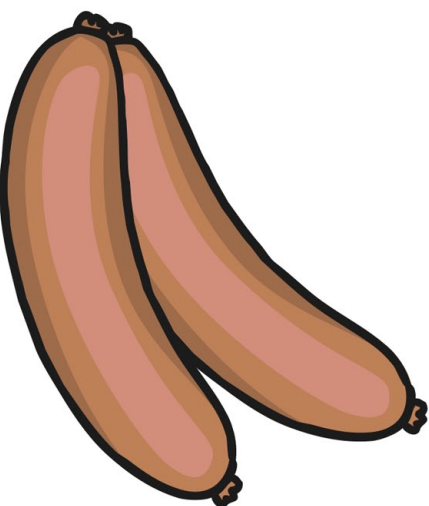
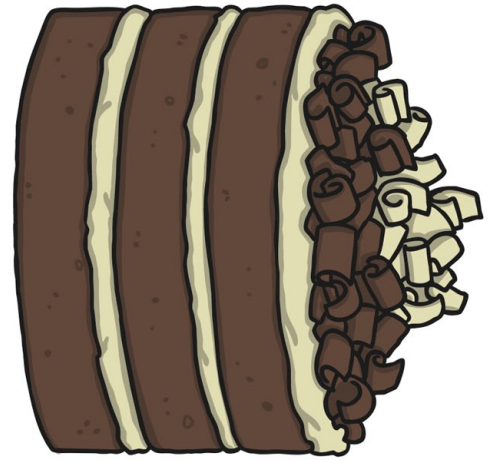
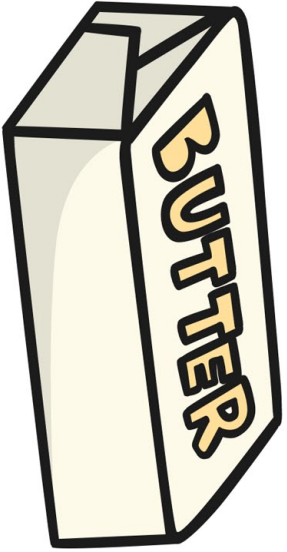
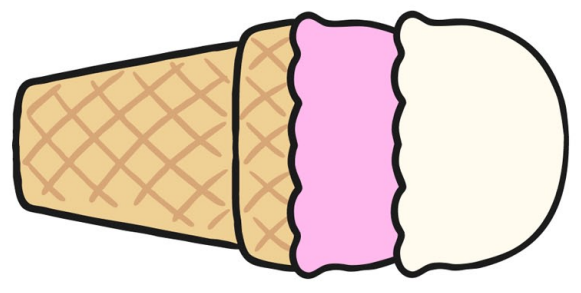
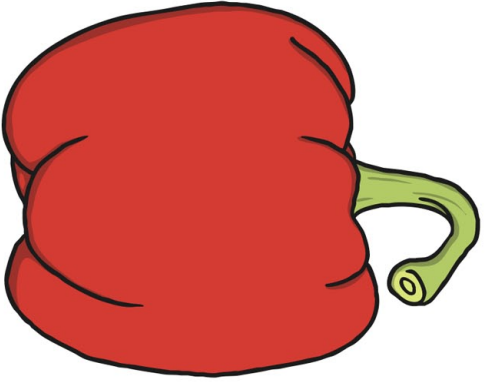


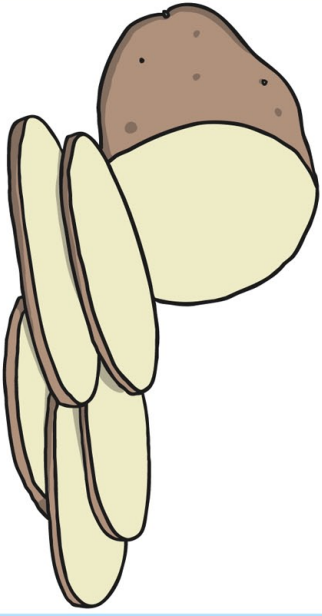
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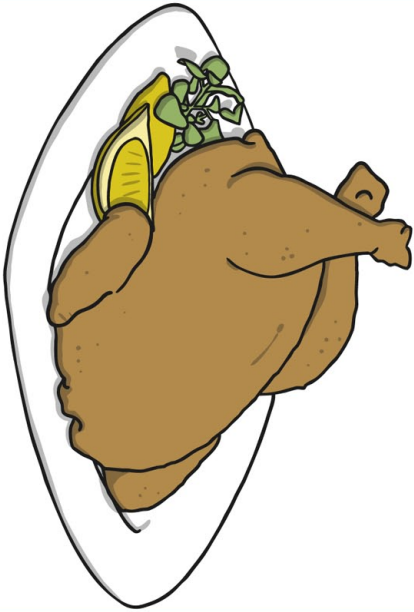




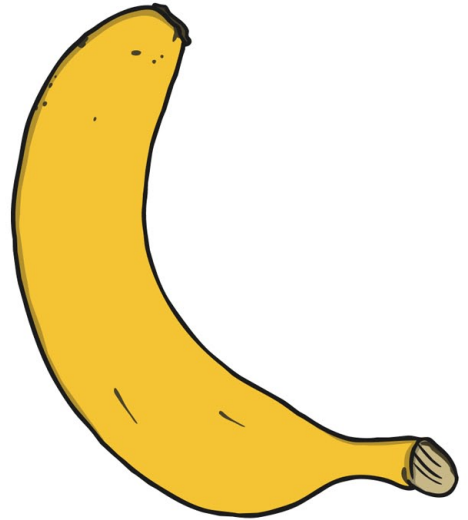
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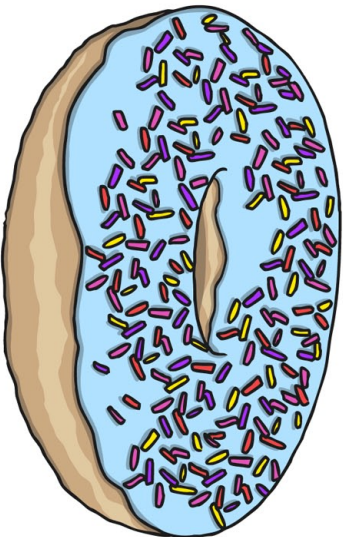
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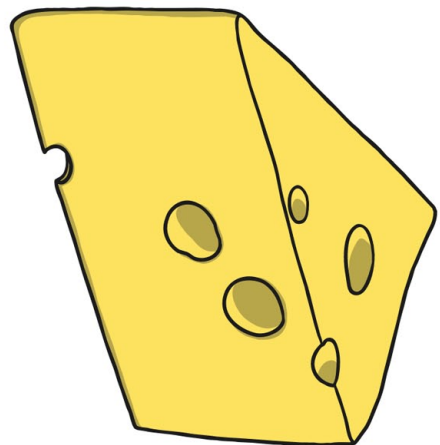
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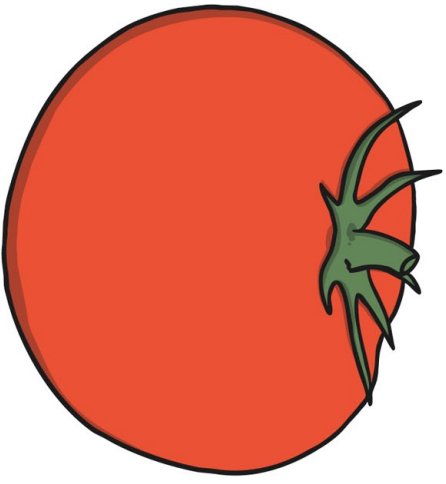
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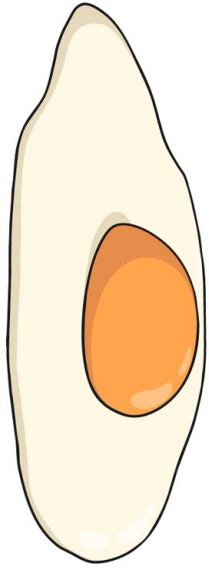
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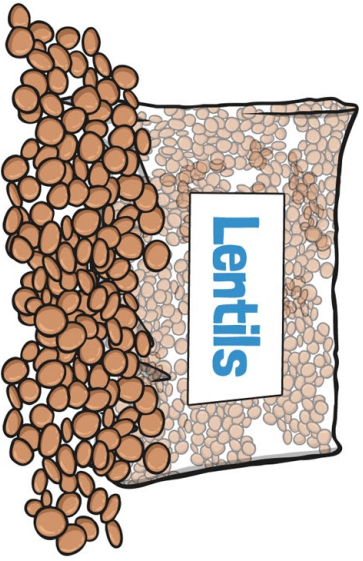
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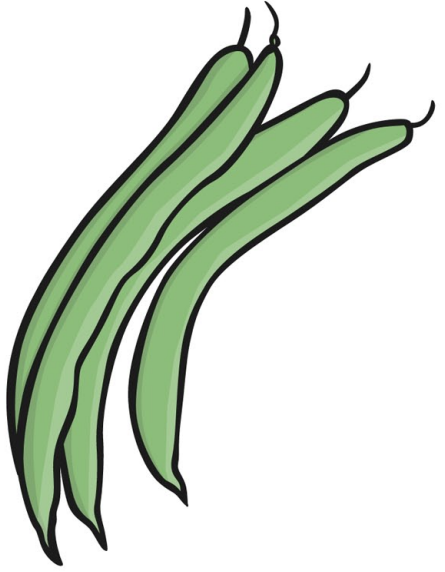
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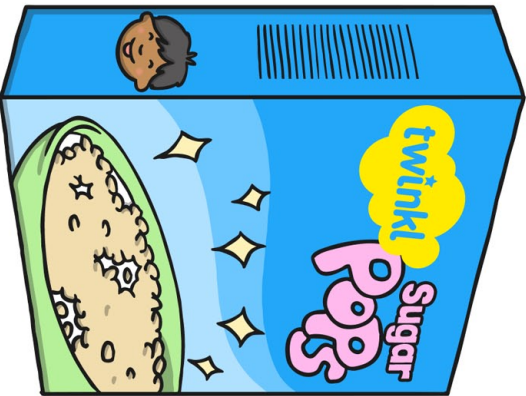
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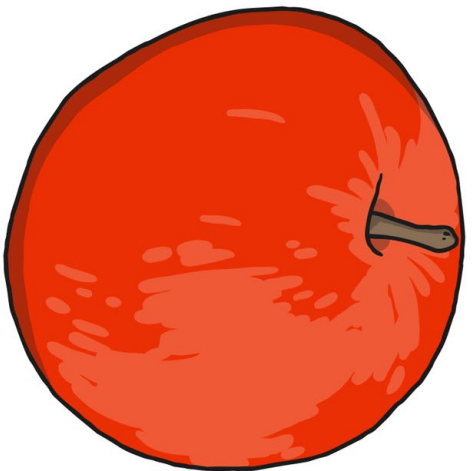
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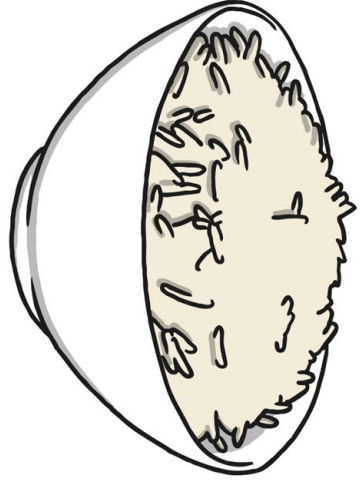
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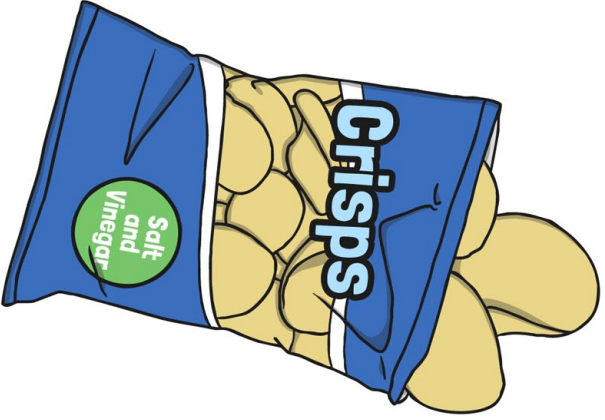
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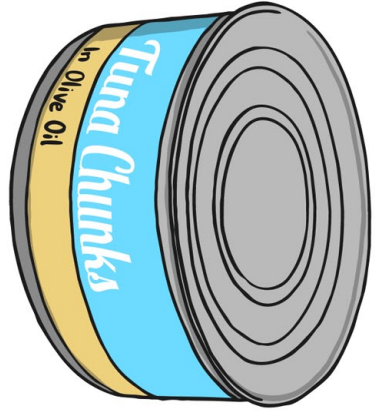
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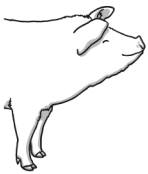


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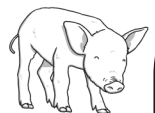
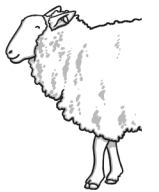
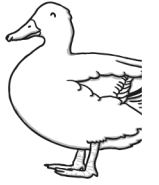
Extra Activities

The following activities are optional if your child has finished everything else in this pack.

Animal Growth

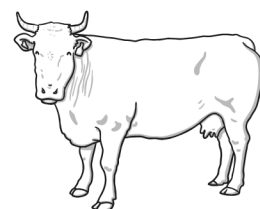
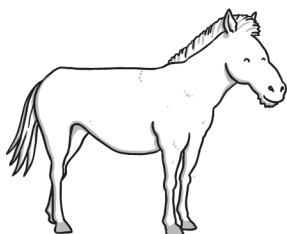
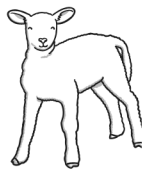


x m e n i p d d t f j w
 e l o p d a t h j u w p
 n i h s q b i r d e v r
 w r m c j c h i c k u e
 a k c p l a m m a m r g
 p g s d e l i t p e r n
 s s d o t m w t l u d a
 a m p h i b i a n b c n
 h a t c h l i n g u v c
 h t w o m b a a b a b y
 b x f l v y v f t x x t
 t g g e l n j f l i k w



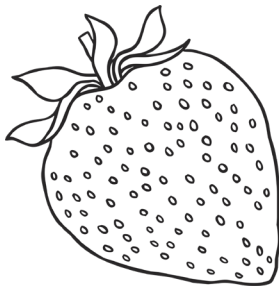
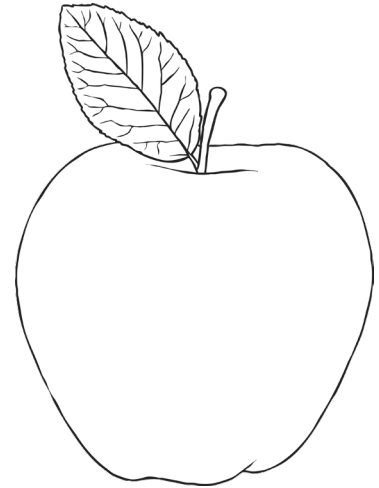
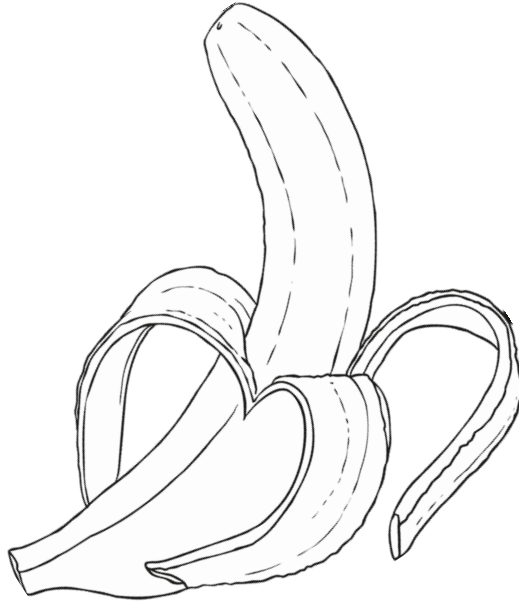
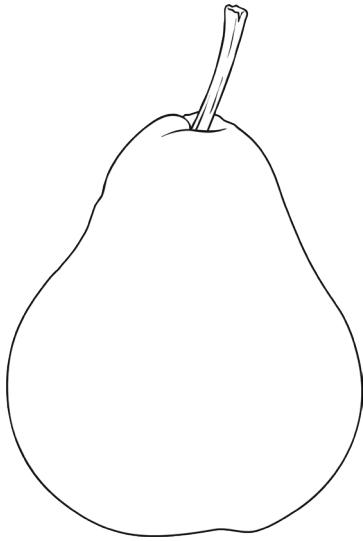
mammal
 amphibian
 reptile
 bird
 pregnancy
 womb

egg
 spawn
 baby
 hatchling
 chick
 tadpole



Fruits and Vegetables

These foods contain lots of vitamins and minerals. Eat at least 5 portions per day.

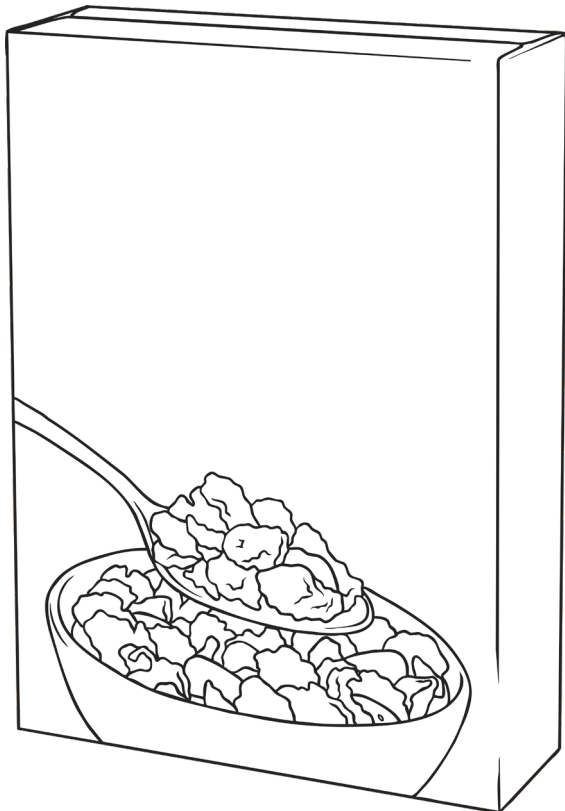
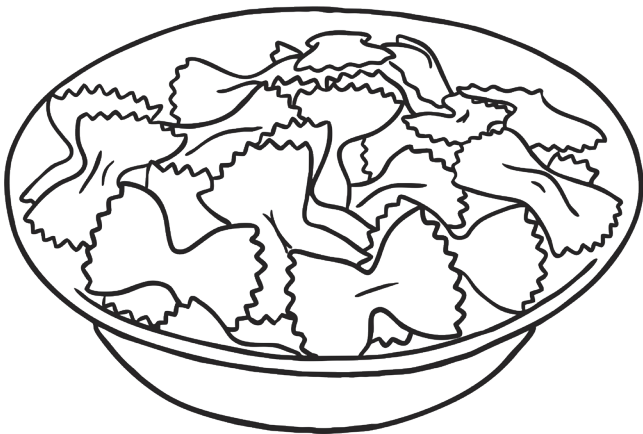
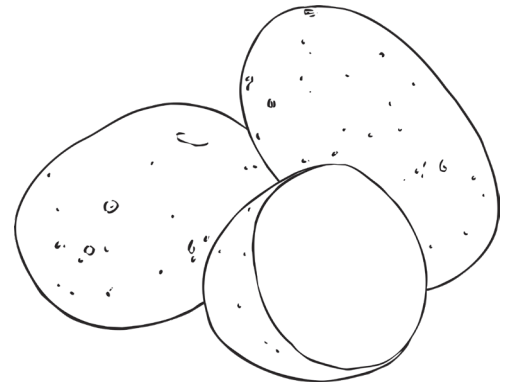
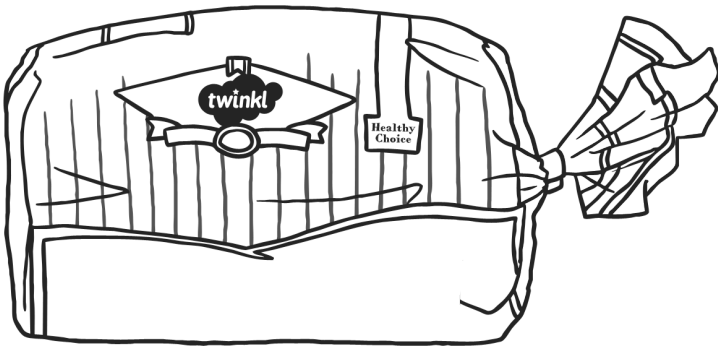


What is your favourite fruit or vegetable? Draw it in this box.



Starchy Foods

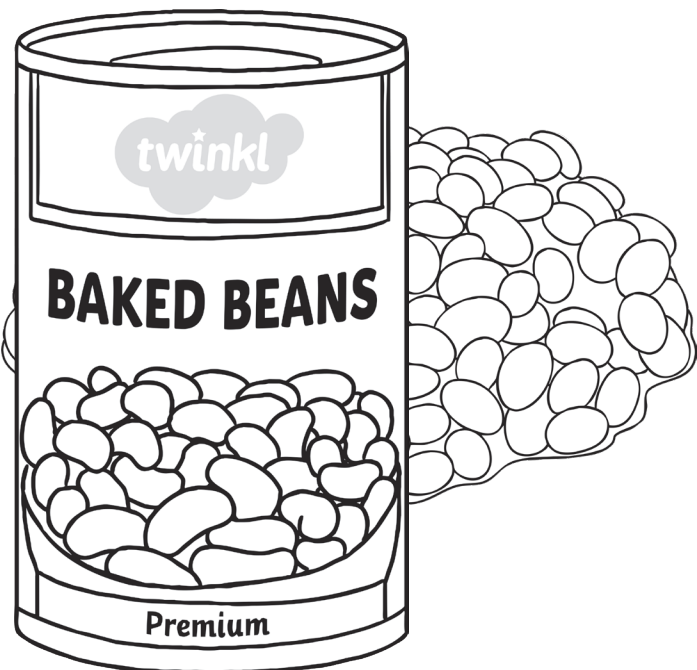
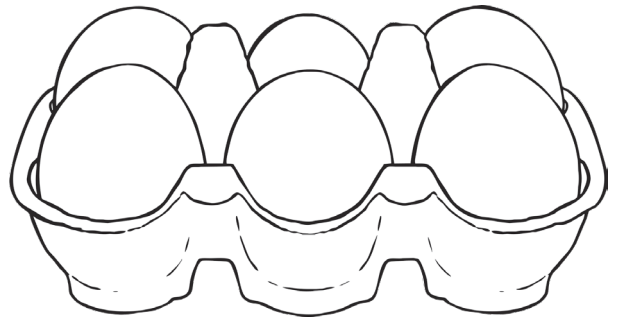
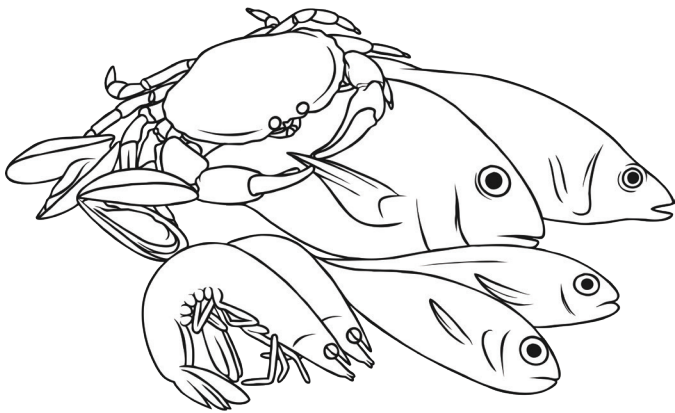
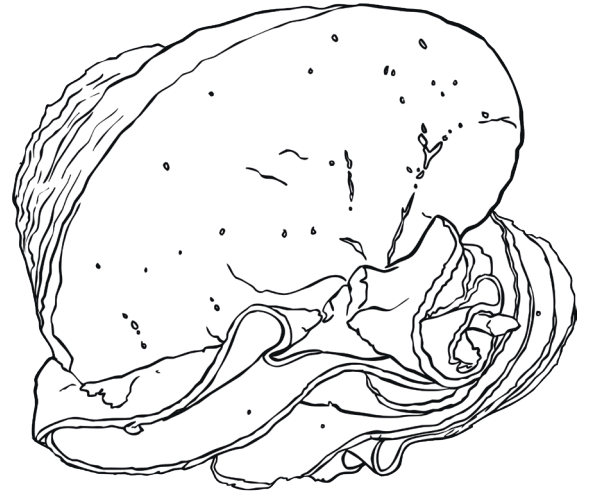
These foods give you energy. Eat some at every meal.



What is your favourite starchy food? Draw it in this box.

Protein Foods

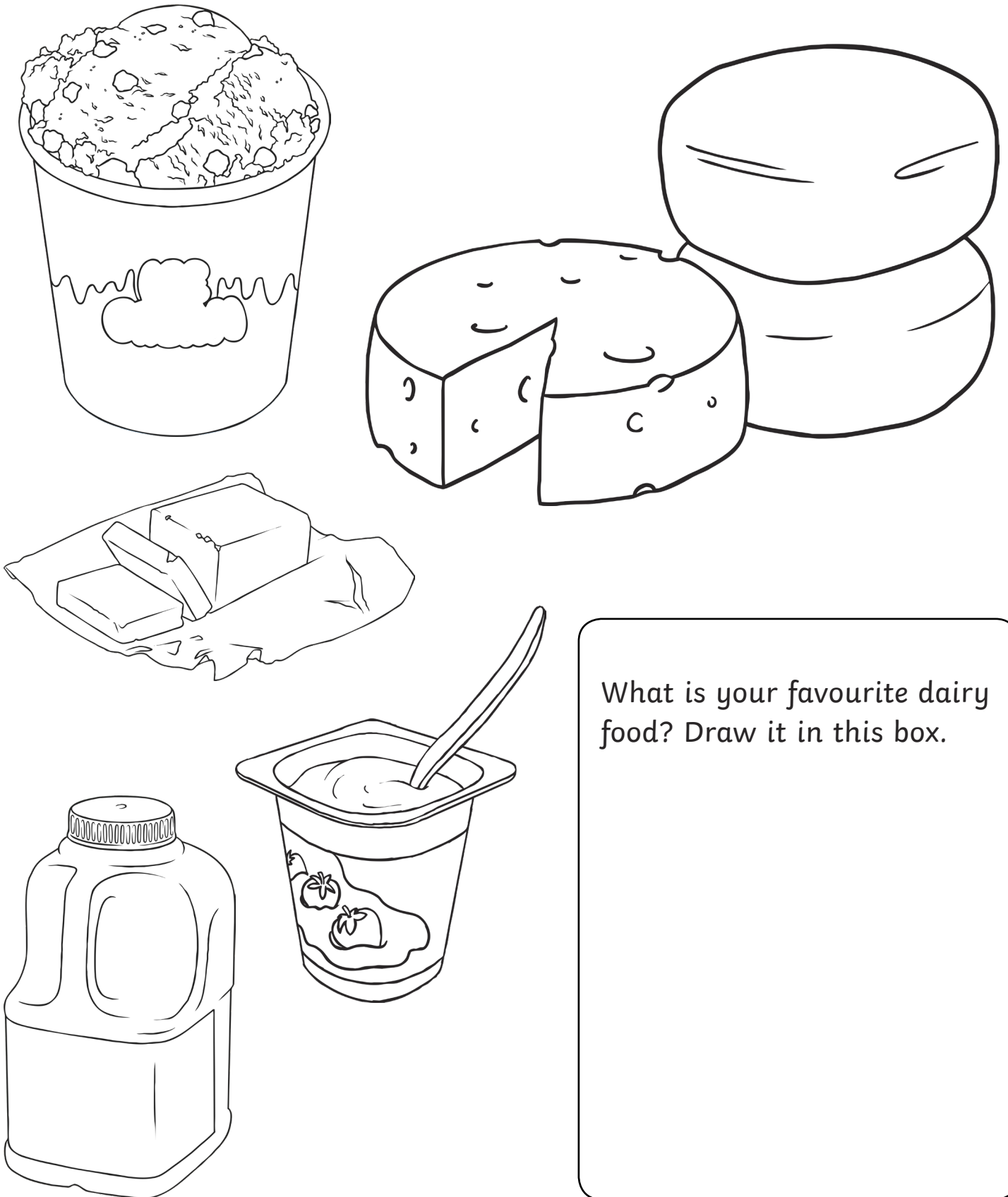
These foods help you grow and develop. Eat 2 or 3 times a day.



What is your favourite protein food? Draw it in this box.

Dairy Foods

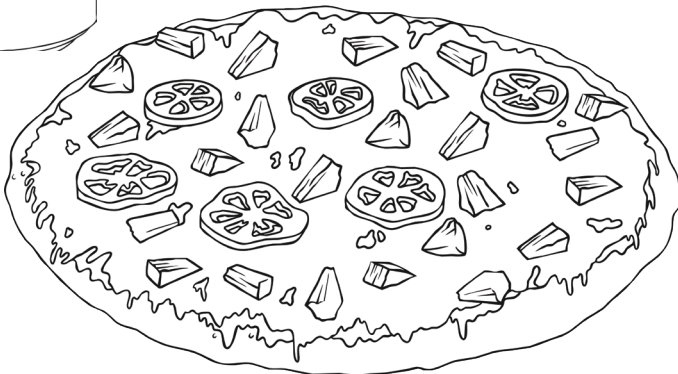
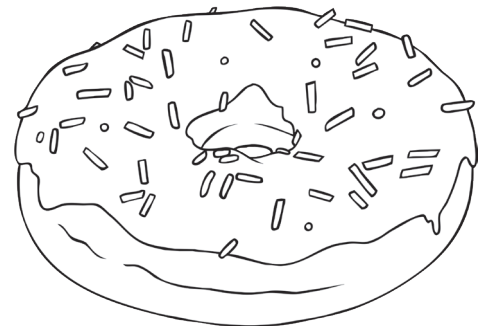
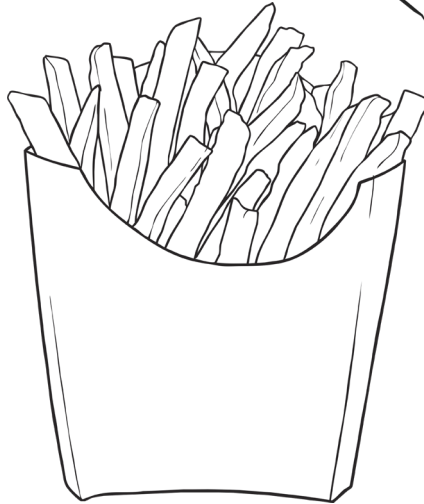
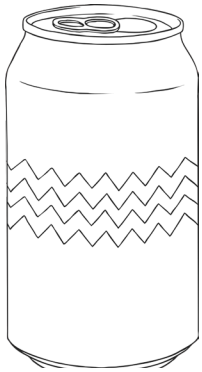
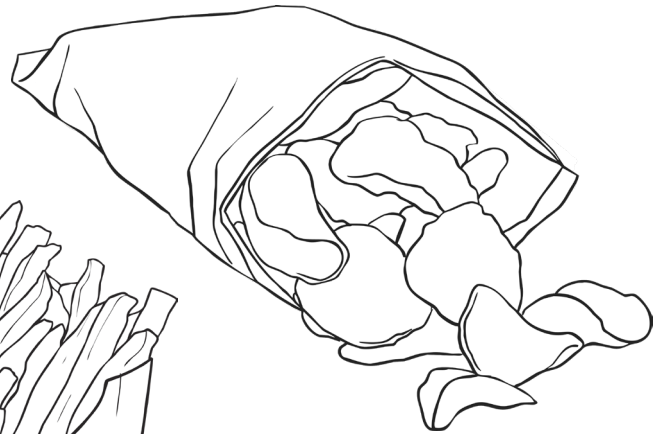
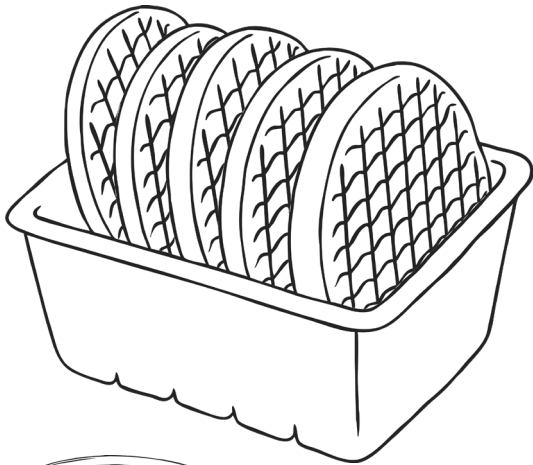
These foods are good for your bones and teeth. Eat 2 or 3 times a day.



What is your favourite dairy food? Draw it in this box.

High Fat, Salt and Sugar foods

These foods are tasty but are not good for you. Only have these foods occasionally, as a treat.



What is your favourite treat?
Draw it in this box.





Healthy Eating



p r o t e i n d e s o f
b o n e s h a n e m i r
d i e t c l a l x d l u
i o y d a a b c e f s i
r g t s u a l m r t s t
s i h k t t u c c n o s
m i n e r a l s i i s u
y u g y a s o m s u e g
a e d y u l a r e n m a
v o y t e t t l b e t r
b a e c i s s h t o d a
s n h v a a e i y e d t

body
bones
calcium
diet
exercise

oils
fruit
healthy
minerals
protein

salad
salt
sugar
vegetables
vitamins

