

Science Pack

W/B

1.2.21

# Healthy Eating Journal Evaluation

Monday

Write down 3 good things about your diet and 3 things you could do to make your diet better.



Three good things about your diet:

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Three ways that you could make your diet better:

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# My Food Journal

Tuesday – using your knowledge on healthy eating, can you create a healthy menu for next week?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							

# Exploring Exercise

Wednesday

Time yourself doing 5 exercises. How many times can you do each of them in a minute? Record this number on your activity sheet. Write a few words to describe how your body feels after each exercise.



Name of exercise	What do you do?	How many times can you do it in a minute?	What happens to your body?

Which exercise could you do the most times in one minute?

\_\_\_\_\_

Which exercise did you like the best?

\_\_\_\_\_

Which exercise did you feel was the hardest?

\_\_\_\_\_

How does exercise make your body feel?

\_\_\_\_\_

\_\_\_\_\_

Complete these sentences using the words in the word bank.

Humans need exercise because it keeps their heart \_\_\_\_\_.

Exercise makes your muscles \_\_\_\_\_. It uses up calories and

keeps your body \_\_\_\_\_.

When you do exercise, your body feels \_\_\_\_\_. Your heart

beats \_\_\_\_\_ and you breathe more \_\_\_\_\_.

Word Bank:

fit      faster      quickly      stronger      tired      healthy



# Keeping Clean

Thursday

It is important to keep clean. Can you draw four things that you do to keep yourself clean then explain why it is important to stay clean and healthy?



Draw four things that you do to keep yourself clean.


Explain why humans need to keep clean. Use the words in the word bank to help you.


feel	smell	happy	germs	<b>Word Bank:</b>	look	healthy	decay	
hands	face	dirty	ill	teeth	wash	brush	clean	body

# Glitter Bugs Record

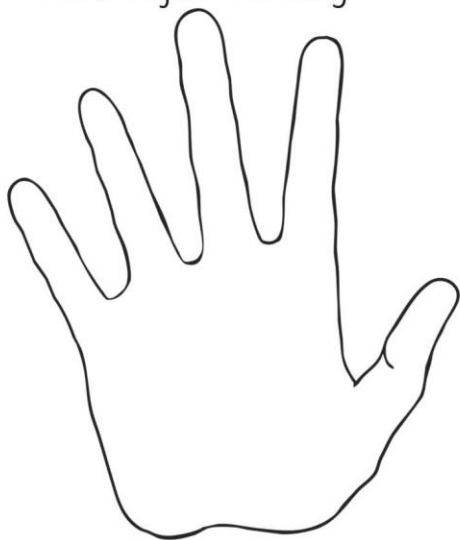
Friday

Have a look at your hands and record what you can see on them, does it change after each wash?

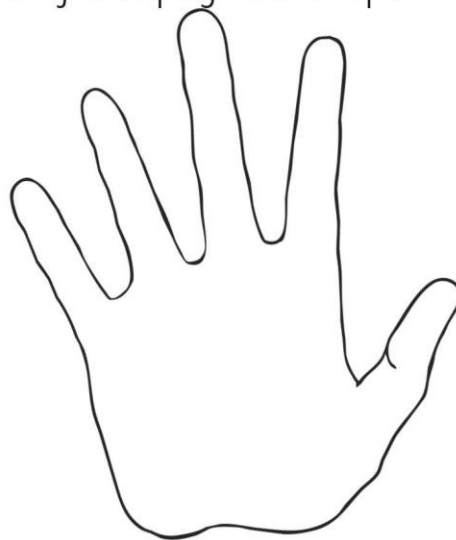


Examine your hand carefully with a magnifying glass. Draw what you see.

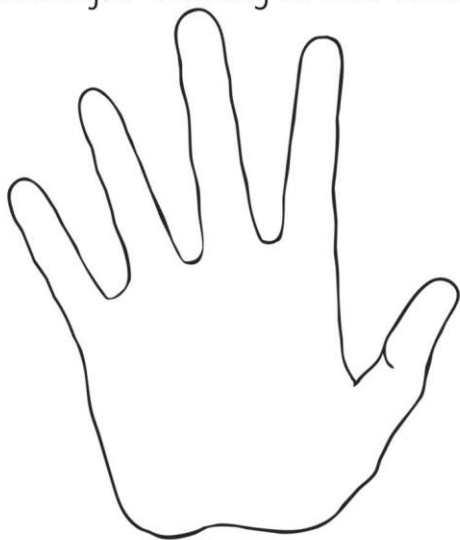
Hand Before Cleaning



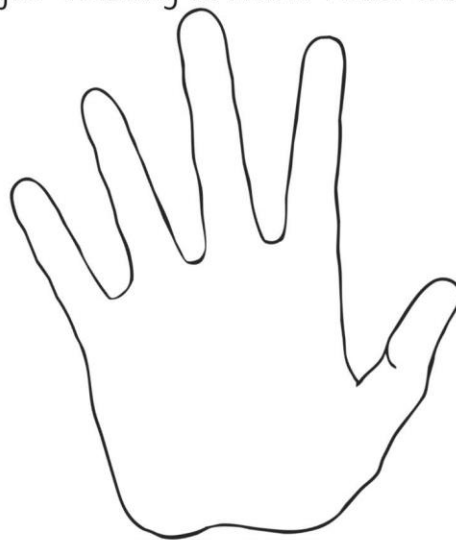
Hand After Wiping With a Paper Towel



Hand After Washing in Cold Water



Hand After Washing in Warm Water with Soap



Which way of cleaning your hands, will be best for removing germs?

How do you know?