**Year 5**

**Healthy Week 15-19th June 2020**

* Start off by watching the [G:\My Drive\ks2-healthy-eating-week-information-powerpoint\_ver\_2.ppt](file:///G%3A%5CMy%20Drive%5Cks2-healthy-eating-week-information-powerpoint_ver_2.ppt) This will give you some ideas about what you can do this week. There are lots of ideas – you won’t be able to do everything
* The website <https://www.foodafactoflife.org.uk/7-11-years/activity-packs/> is packed full of stories and activities to do – I have included some but you could honestly spend the whole week doing things just from this one website!
* How about doing the 5 Ways to Wellbeing Family Challenge [Healthy Family Challenge PHW Bilingual DOWNLOAD.pdf](file:///G%3A%5CMy%20Drive%5CHealthy%20Family%20Challenge%20PHW%20Bilingual%20DOWNLOAD.pdf)
* Then choose activities to do: There are many worksheets this week, please let school know if (and what) you need printing.

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| 1[the-amazing-lunchbox-ppt-711lwsal.pptx](file:///G%3A%5CMy%20Drive%5Cthe-amazing-lunchbox-ppt-711lwsal.pptx)Read through the PowerPoint story.  | 2Choose some maths activities to do from The Amazing Lunchbox<https://www.foodafactoflife.org.uk/7-11-years/activity-packs/learn-with-stories/the-amazing-lunchbox/> | 3Choose a writing activity to do from The Amazing Lunchbox<https://www.foodafactoflife.org.uk/7-11-years/activity-packs/learn-with-stories/the-amazing-lunchbox/> | 4Have a look at [food-route-the-resource.pdf](file:///G%3A%5CMy%20Drive%5Cfood-route-the-resource.pdf)There are many suggested activities, choose any of them<https://www.foodafactoflife.org.uk/7-11-years/activity-packs/food-route/> | 5Have a look at [food-route-the-resource.pdf](file:///G%3A%5CMy%20Drive%5Cfood-route-the-resource.pdf)There are many suggested activities, choose any of them<https://www.foodafactoflife.org.uk/7-11-years/activity-packs/food-route/> |
| 6Have a look at [food-route-the-resource.pdf](file:///G%3A%5CMy%20Drive%5Cfood-route-the-resource.pdf)There are many suggested activities, choose any of them<https://www.foodafactoflife.org.uk/7-11-years/activity-packs/food-route/> | 7Maths[the-mystery-of-the-brilliant-breakfast-maths-mystery-game-english\_ver\_5.pdf](file:///G%3A%5CMy%20Drive%5Cthe-mystery-of-the-brilliant-breakfast-maths-mystery-game-english_ver_5.pdf) | 8[Food-Groups-Information-PowerPoint\_ver\_1.pptx](file:///G%3A%5CMy%20Drive%5CFood-Groups-Information-PowerPoint_ver_1.pptx)Design an information poster ORMake a quiz (using Google Forms) | 9Complete the healthy eating wordsearch[G:\My Drive\Healthy-Eating-Page-Wordsearch\_ver\_1.pdf](file:///G%3A%5CMy%20Drive%5CHealthy-Eating-Page-Wordsearch_ver_1.pdf)Can you design one of your own about being healthy? | 10Plan a healthy menu[planning-a-healthy-menu-activity-sheet\_ver\_1.pdf](file:///G%3A%5CMy%20Drive%5Cplanning-a-healthy-menu-activity-sheet_ver_1.pdf)[the-healthy-eating-pyramid-activity-sheet\_ver\_1.pdf](file:///G%3A%5CMy%20Drive%5Cthe-healthy-eating-pyramid-activity-sheet_ver_1.pdf) |
| 11Maths[uks2-healthy-eating-maths-mastery-challenge-cards\_ver\_3.pdf](file:///G%3A%5CMy%20Drive%5Cuks2-healthy-eating-maths-mastery-challenge-cards_ver_3.pdf) | 12Design a poster/ leaflet/ powerpoint to inform people about 5 ways to wellbeing* Take notice
* Connect
* Be Active
* Keep Learning
* Give

You will need to do some research! | 13Stress and RelaxationWatch the video[3.1\_Stress.wmv](file:///G%3A%5CMy%20Drive%5C3.1_Stress.wmv)Choose one of the activities [Stress and relaxation.pdf](file:///G%3A%5CMy%20Drive%5CStress%20and%20relaxation.pdf) | 14Keeping Fit and DietWatch the video[1.3\_Keeping.wmv](file:///G%3A%5CMy%20Drive%5C1.3_Keeping.wmv)Choose one of the activities [Keeping fit and diet.pdf](file:///G%3A%5CMy%20Drive%5CKeeping%20fit%20and%20diet.pdf) | 15Mini OlympicsDetails to follow |