**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:\My%20Drive\ks2-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:\My%20Drive\Healthy%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:\My%20Drive\the-amazing-lunchbox-ppt-711lwsal.pptx)  Read through the PowerPoint story. | 2  Choose 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/> | 3  Choose 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/> | 4  Have a look at  [food-route-the-resource.pdf](file:///G:\My%20Drive\food-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/> | 5  Have a look at  [food-route-the-resource.pdf](file:///G:\My%20Drive\food-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/> |
| 6  Have a look at  [food-route-the-resource.pdf](file:///G:\My%20Drive\food-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/> | 7  Maths  [the-mystery-of-the-brilliant-breakfast-maths-mystery-game-english\_ver\_5.pdf](file:///G:\My%20Drive\the-mystery-of-the-brilliant-breakfast-maths-mystery-game-english_ver_5.pdf) | 8  [Food-Groups-Information-PowerPoint\_ver\_1.pptx](file:///G:\My%20Drive\Food-Groups-Information-PowerPoint_ver_1.pptx)  Design an information poster OR  Make a quiz (using Google Forms) | 9  Complete the healthy eating wordsearch  [G:\My Drive\Healthy-Eating-Page-Wordsearch\_ver\_1.pdf](file:///G:\My%20Drive\Healthy-Eating-Page-Wordsearch_ver_1.pdf)  Can you design one of your own about being healthy? | 10  Plan a healthy menu  [planning-a-healthy-menu-activity-sheet\_ver\_1.pdf](file:///G:\My%20Drive\planning-a-healthy-menu-activity-sheet_ver_1.pdf)  [the-healthy-eating-pyramid-activity-sheet\_ver\_1.pdf](file:///G:\My%20Drive\the-healthy-eating-pyramid-activity-sheet_ver_1.pdf) |
| 11  Maths  [uks2-healthy-eating-maths-mastery-challenge-cards\_ver\_3.pdf](file:///G:\My%20Drive\uks2-healthy-eating-maths-mastery-challenge-cards_ver_3.pdf) | 12  Design 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! | 13  Stress and Relaxation  Watch the video  [3.1\_Stress.wmv](file:///G:\My%20Drive\3.1_Stress.wmv)  Choose one of the activities  [Stress and relaxation.pdf](file:///G:\My%20Drive\Stress%20and%20relaxation.pdf) | 14  Keeping Fit and Diet  Watch the video  [1.3\_Keeping.wmv](file:///G:\My%20Drive\1.3_Keeping.wmv)  Choose one of the activities  [Keeping fit and diet.pdf](file:///G:\My%20Drive\Keeping%20fit%20and%20diet.pdf) | 15  Mini Olympics  Details to follow |