








Sensational Salads - Topic Overview

You must complete at least one activity from this table each afternoon - either as a family or independently. This work can be shared with your teacher via your own Google Class account.

<p>Reading, writing and speaking</p>	<p>Make a list of the different food groups and write down at least 3 foods that belong in each group.</p>	<p>Pretend you are an explorer who as just discovered a new fruit in the jungle. Write a letter home to your family about the discovery. Use all of your senses to describe it!</p>	<p>Keep a food diary of everything you eat during the week.</p> 	<p>Choose your favourite food and create a factfile about it. Think about where it comes from, how it is made and what it tastes like.</p>
<p>Science</p>	<p>Create a healthy eating poster. How much of each food group should we eat each day?</p> <p>Staying healthy and eating well - BBC Bitesize</p>	<p>Find out what vitamins are and why we need them to keep our bodies healthy.</p>	<p>Look at food labels on tins and packets in your kitchen cupboards. Look at which foods are high in protein (tuna), carbohydrates (pasta), high in fat (crisps).</p>	
<p>Art and design technology</p>	<p>Sketch a picture of one of your favourite meals. Think carefully about the colours and sizes.</p>	<p>Cut pictures of fruit and vegetables from a magazine or draw your own and stick them together to make a face or a collage.</p> 	<p>Make a fruit salad hat.</p> 	<p>With the help of an adult make some patterns with a potato and paint.</p>

<p>Active and hands-on</p>	<p>With the help of an adult, grate some vegetables and make a stir-fry.</p>	<p>Draw and label a map of where your favourite food comes from.</p> 	 <p>Make a fruit salad or help to prepare the vegetables for dinner.</p>	<p>Cook something with chocolate in it!</p> 
<p>Teamwork</p>	<p>With an adult make a hot chocolate for your family to share.</p> 	<p>Make a quiz about fruit and vegetables. Think about questions that ask about the colours of the fruit and veg, where they come from, how they are grown etc. Then have a quiz night with your family.</p>	<p>With a family member, research and make a PowerPoint about fish.</p> <ul style="list-style-type: none"> • Where do they come from? • What different types can we eat? • Is fish good for you? • Include lots of fish facts. 	
<p>Other</p>	<p>Keep a tally chart about who eats the most fruit in your house.</p>	<p>Make some fruit muffins or baked oats with fruit.</p>	<p>Try a type of food you've never tried before. Draw a picture of it and describe how it tasted. Did you like it or not? Why?</p>	<p>Look at adverts on the TV about food. Which is your favourite one? What do you like about the advert? What adjectives are used to describe the food?</p>