



KS2 Home Learning Project

Week 3: Heroes in Medicine

This week we will be completing activities around 'Our Home Heroes'. This could be mums, dads, grandparents, sisters or anyone else who is looking after us right now.

They are working so hard to keep you happy and safe. They are our Heroes!

Activity 1	Activity 2
<p>Our heroes working in hospitals need a quick and speedy lunch that will fill them up and give them energy. Can you design a healthy lunch for a hero? Think about including a variety of foods from different food groups.</p> <p>Note to parents: This is all about balance. A healthy lunch box should contain a variety of food from each food group. Can you child select appropriate foods to make a packed lunch?</p> <p>Extension: Have a packed lunch for your dinner one day. Encourage your child to help select the foods and make the lunch.</p>	<p>Food is fuel, Our heroes in medicine need to have enough fuel to work as hard as they do. Some foods are better for this than others. Can you think of a snack that would give you energy? Can you help prepare your snack?</p> <p>Note to parents: Encourage children to discuss the benefits and disadvantages of different snack choices. Get them to see if they can think of a more suitable replacement such as a banana instead of a mars bar. Discuss foods that keep us feeling fuller for longer.</p> <p>Video discussing nutrients from food https://www.youtube.com/watch?v=mMHV-EFWNLMc&list=PLbPWPsVl8htlqIBIKZRIvWCvLcoj9lqt8</p> <p>This video is a brief introduction and links to videos discussing the food groups</p>
Activity 3	Activity 4
<p>Celebrate a hero in medicine by baking and decorating a cake. Can you follow a recipe? Don't forget to be safe ask an adult to help you with the oven.</p> <p>Note to parents: There are lots of skills involved in baking including weighing ingredients, mixing and following a recipe. Encourage your child to have a go at each step.</p> <p>Hand washing video https://www.youtube.com/watch?v=S9VielWLnEg</p> <p>Kitchen safety video</p>	<p>Healthy food is better for giving us energy and keeping us fit. Can you design a poster promoting healthy eating?</p> <p>Note to parents: This activity is about knowing what healthier choices are and promoting them. Discuss with your child what food is healthy and what can be unhealthy. Can they name the food groups?</p> <p>Eatwell plate https://www.youtube.com/watch?v=7MIE4G8ntss</p>

https://www.youtube.com/watch?v=DoSq9T6OejA &t=9s	
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