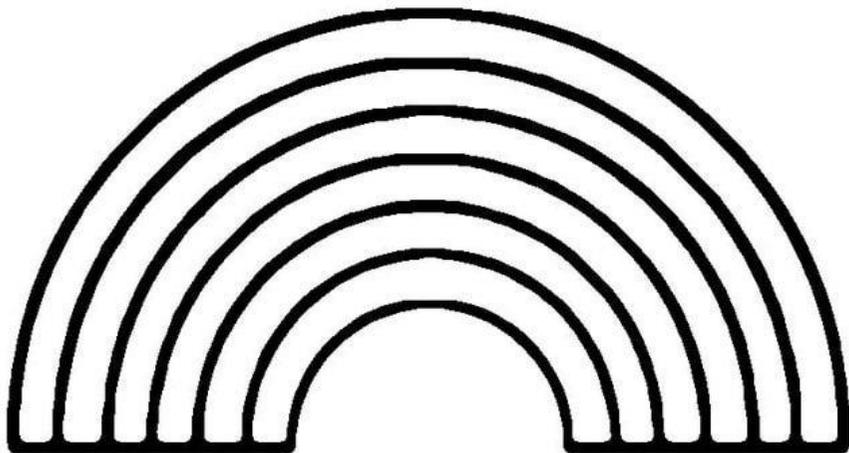


Nightingale Class Homework- Term 3 - Eat Your Peas!

Remember	Understand	Apply	Analyse	Create	Evaluate
<p>What do you do at different times of the day?</p> <p>Present your ideas showing your knowledge of time.</p>	<p>Draw a plate of food and label all the food groups.</p>	<p>Plan a menu for an evening meal. Have you made sure that it is balanced?</p>	<p>Keep a food diary for part of the week. What do you notice about how many times you eat fruit and vegetables?</p>	<p>Design and make a simple board game to encourage children to eat well.</p>	<p>Top Tips for a healthy lifestyle - present as you wish.</p>
<p>How many different sports do you know? Can you put them into groups? Which is your favourite/least favourite?</p>	<p>Make a list of the food groups and write as many foods as you can for each group.</p>	<p>Cook a balanced meal for your family.</p>	<p>How many ways can you make £1.00 using only silver coins?</p>	<p>Create a poster about using medicines safely.</p>	<p>Make a poster showing people how to eat healthily.</p>

Nightingale Class Homework



Term 3 Homework

- Please complete one homework task each week (homework is handed in by Thursday, marked and then books return home on a Friday).
- Over the term you should complete one task from each colour of the rainbow above (in any order).
- You have a choice of two activities for each colour but you only need to complete one.
- Please colour the correct section on the rainbow to show the activity you have completed...by the end of the term, the rainbow will be complete!
- Each week, in your homework book, please write the date and colour a small circle to show your activity choice.
- Homework should then be evidenced in the homework book .This may be done in the ways suggested above, or if it is a practical task a photo and/or a sentence would be great.
- Your child will also be given opportunities to share things they have made and discuss what they have found out with the rest of the class.