

If you are able to take photos of your homework and bring them in or send them to us via SeeSaw, we would love to see what you have done.

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|  | Homework Options  |
| Task 1 | Make a cake using no fat or oil and decide if it tastes as good as one that does use them. Here is a link to a good one or you might like to find your own - https://kirbiecravings.com/3-ingredient-cake/ |
| Task 2 | Keep a food diary for one day – write a list of everything you have for breakfast, lunch, tea and for snacks. Highlight in green all the healthy foods you ate, highlight in red all the treats or unhealthy foods you had and then highlight in orange all the foods that you should have but not too often.The traffic light poster on page 2 will help you decide how to highlight your foods. |
| Task 3 | Create a poster showing the different sports and activities you can enjoy to help you stay fit. |
| Task 4 | Draw a big circle on your page. This will be your plate. Then draw a healthy meal for you and a friend to enjoy. You could also draw a healthy pudding on another plate.  |
| Task 5 | Lots of people meditate to help keep themselves calm and to help them keep mentally healthy. Try some meditation and decide if it is for you. Here is a link to one that you might enjoy.https://www.youtube.com/watch?v=VZ\_wdeog5Ek |
| Task 6 | Can you keep physically active for one week by making sure you do at least 20 minutes of physical activity every day. This could be a sport that you do or could be a walk, a cycle ride, going on your trampoline or dancing to your favourite music. Decide if you feel fitter and stronger at the end of the week.  |

