

### Literacy

1. Write an information text about the different types of teeth humans have and how to keep them healthy.
2. Write a poem or song about the human body.
3. Keep a food diary for a week and see what kinds of food you are eating. Have you got a healthy balanced diet?

### Science

1. Make an information poster explaining why we need a balanced diet which includes protein, carbohydrates, fibre, vitamins and water.
2. Look at food packets and find out which foods are good sources of protein, carbohydrates, fibre and vitamins. Make a list.

Choose one activity each week.

## Year 4/5 The Amazing Human Body



### Computing

1. Present a video on the effects of exercise on the body
2. Use a computer programme to draw a skeleton, can you add labels?
3. Research the scientific names of bones, then add these to your skeleton labels.

### Knowledge and Understanding

1. Find out more about one of the organs of the body. Can you create an 'information page about it?
2. Maths this half term is all about number and place value. Can you find out some number facts about the human body. Can you think of a creative way to Present your facts?
3. Create a poster to persuade people to be more active.

### Art and Design Technology

1. Create a self portrait using a mirror to help.
2. Create a piece of artwork that is based on the human body. It could be a painting, collage or sculpture for example.
3. Design a menu for the week, think carefully about including a wide variety of different food groups over the week.