



St Catherine's Primary School



Home Learning

Class P5 Teacher: Miss Luedke and Miss Reynolds



HWB: Food Health

<p>Reduce, Reuse, Recycle Research into the 3 R's. Write down the main points found.</p>	<p>Lunch! Prepare a healthy lunch using items in your house, for someone at home. Tell them the ingredients included and the method used.</p>	<p>Recycling Think about recycling in your own home. How could you improve this? Discuss with an adult the advantages of doing so. Can you convince them to follow these?</p>	<p>Culture Write a recipe for a meal from a different country/culture. Write about the nutritional value in this. Can you make this meal at home?</p>
<p>Healthy Eating Plan Create a weekly healthy eating plan. Have you included all food groups?</p>	<p>Packaging Look at different packages for food items around the house. Choose one and design a new package that is better for the environment.</p>	<p>Farm How can we help our local food industries during this time? Write a report on the changes that will be made when shopping to encourage these changes.</p>	<p>Advertising Look at why advertising is important. Look out for adverts for food items on TV or online. Create a grid with their slogo and any main points. How do these make you feel?</p>
<p>Farm to Fork Identify items in your house that have been produced on a farm. Think about how your diet would change without a farm.</p>	<p>Food Warning! Should all labels include food warnings? High in sugar, fat ... Ask an adult their opinion on this.</p>	<p>Religion Find out how religion may influence upon food choices. Make a comparison between your own faith and another faith.</p>	<p>Finance Think about how your weekly diet would be affected by the amount of money you have. Does this affect the way we eat?</p>