

Topic Week 11 – Year 1 – Healthy eating

Monday

Plants we can eat!

Please see the Powerpoint and attached activity.

Tuesday

Vegetable art

Create a person using pictures of vegetables



Wednesday

**Salt experiment**

Too much salt in our food can be bad for us, but why?

Let's do an experiment:

You will need:

Potato

Two bowls

Salt

**Experiment**

Fill two small bowls with water and mix salt into one of the bowls. Label both bowls so you know which one has the salty water. Cut a potato in half and place each half into a bowl with the cut side down. Leave for about 30 minutes and watch what happens!

Can you explain why too much salt can be bad for us?

Thursday

Fruit Salad

With help from a grown up, create yourself a healthy snack and share your pictures on dojo!

Friday

**Healthy Eating**

Read the following ebook and create a poster using the information you have learnt. Remember to share your posters on Dojo!

[https://readon.myon.co.uk/reader/index.html?a=wr\\_heart\\_f11](https://readon.myon.co.uk/reader/index.html?a=wr_heart_f11)



Remember you can share your work on Class Dojo!