

## KS1 Learning Log Homework-Aut 2-2022

Please find below a list of activities related to our new topic: **Festivals**. These activities are entirely **optional** but are aimed to support and enhance children's understanding and enjoyment of our current topic. Children can present their work in any way they wish, be as creative as possible! We look forward to seeing some of your amazing creations.

<u>Subject</u>	<u>1 Team Point Activities</u>	<u>2 Team Point Activities</u>	<u>3 Team Point Activities</u>
Science	Can you draw and label 5 basic body parts on the human body?	Can you create a healthy, well-balanced diet following the Eatwell plate attached?	Can you create a habitat for an animal and list what they need to survive?
History	Can you write five facts about Guy Fawkes?	Can you draw a Poppy and add key facts about Remembrance Day inside/around it?	Write a diary entry pretending to be Guy Fawkes explain what his plan was to blow up the houses of Parliament.
Geography	Can you name the five oceans of the world?	Can you describe a festival and the continent in which it takes place? Why does this festival happen and where?	Can you make your own world map or globe? Does it include all 7 continents? This can be a drawing or model.
Art/DT	Create a Bonfire night safety poster.	Design your own festival- what would you celebrate? What food would you eat? When would it take place and why?	Make a 3D model of a place of worship-mosque, church, synagogue or temple.

Please hand in any homework done from the grid above to your child's class teacher when we return to school so all the team points can be calculated. Thank you for continuing to support your child's education and we hope you enjoy the tasks.

Feel free to do your own activities and have fun!

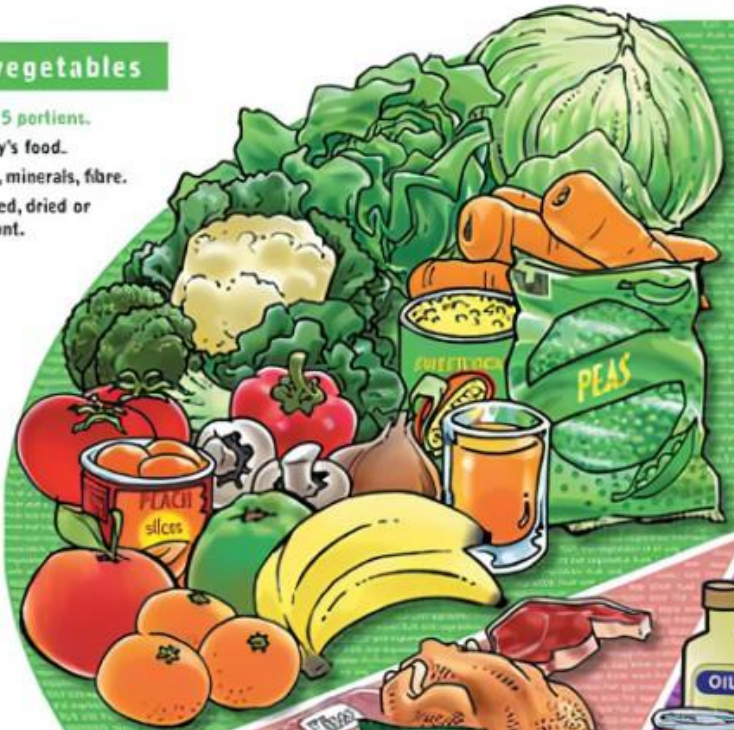
# the eatwell plate

Use the eatwell plate to help you eat a healthy, balanced diet.

The eatwell plate shows what proportion of your day's food should come from each group.

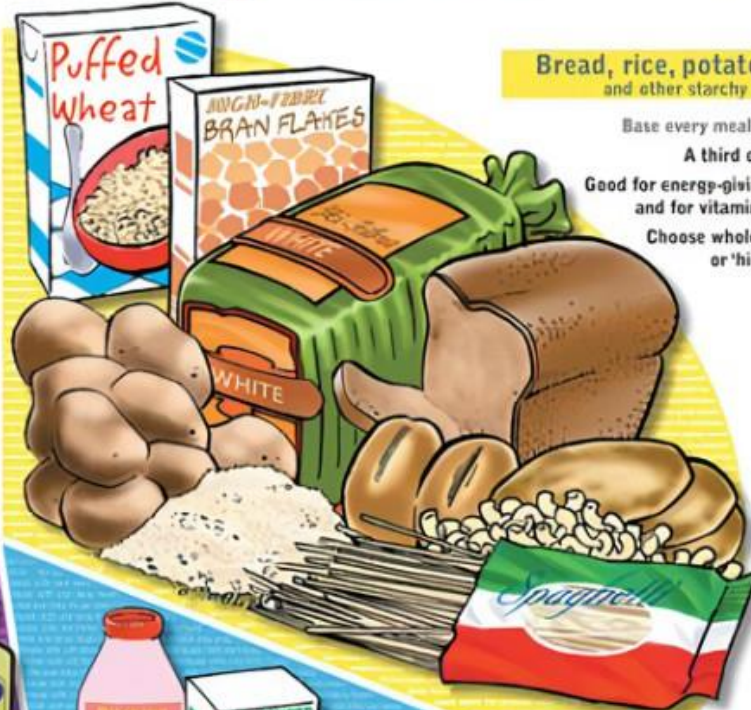
## Fruit & vegetables

Eat lots! At least 5 portions.  
A third of your day's food.  
Good for vitamins, minerals, fibre.  
Fresh, frozen, tinned, dried or 100% juice all count.



## Bread, rice, potatoes, pasta and other starchy foods

Base every meal on starchy foods.  
A third of your day's food.  
Good for energy-giving carbohydrates, and for vitamins, minerals, fibre.  
Choose wholegrain, wholemeal or 'high fibre' varieties.



## Meat, fish, eggs, beans and other non-dairy sources of protein

Eat moderate amounts only.  
About 2 or 3 portions a day.  
Good for protein, minerals, vitamins.  
Pulses (beans, lentils) are a good alternative to meat.



## Milk & dairy foods

Eat moderate amounts only.  
About 2 or 3 portions a day.  
Good for calcium, protein, vitamins.  
Choose lower fat versions.



## Foods and drinks high in fat and / or sugar

Eat and drink these only occasionally and in small amounts. Cut down on saturated fat. Choose lower fat and lower sugar versions when you can. Avoid salty foods.