

## Year One, Summer 1- Paws, Claws and Whisk-

A healthy diet is important for your body. The things you eat should contain a good balance of protein, vitamins and minerals, calcium, carbohydrates, sugar and fats. Each of these do different jobs in the body:

- **Proteins** come from foods like meat, fish, eggs and beans. They help your muscles to grow.
- **Vitamins and minerals**, from fruit and vegetables, help keep your skin strong and ready to grow as you get bigger. They also help to keep your organs working.
- **Dairy products**, like milk and cheese, are full of calcium which is especially important as you grow. It helps give you strong teeth, bones and nails.
- **Sugar** comes from things like sweets and cakes. It can give you energy quickly, but you only need a small amount of it.
- **Carbohydrates**, from bread, pasta and potatoes, release energy more slowly, keeping you going throughout the day.
- **Fats**, found in butter and oils, help to keep you warm but you don't need to eat a lot of these.
- And you should be drinking about six glasses of **water** every day too. Not sugary fizzy drinks.

Exercise is also very important, especially for your heart. You should try to do one hour of exercise every day.

Animals need to eat so they can stay alive because food is the main source of energy for all animals.

Different animals eat different types of food. We can group animals based on the types of food they like to eat. Herbivores eat plants, carnivores eat meat, and omnivores eat plants and meat.

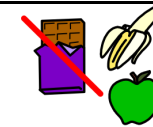
## Key Vocabulary



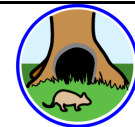
healthy



exercise



Balanced diet



habitat



adapt



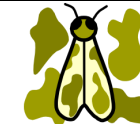
polar



wild



pet







camouflage



endangered

## Home Learning Activities

Science/D&T	English	Geography	PE	Art
<p>Can you design a healthy meal including the different food groups?</p> 	<p>Can you list all the animals people keep as pets? Can you create a 'How to look after your pet' information poster. What will it be kept in- a tank, cage, bed? What will it eat? Etc.</p> 	<p>Can you compare a hot place and a cold place in the world? Can you find out about the animals that live there and how they adapt to their environment?</p> 	<p>In PE we have been exploring dance. We have moved like the different animals found at an African waterhole. Can you create your own dance performance to this song <a href="#">Circle of Life</a>? Think about how you can represent each animal with your body?</p> 	<p>Animals have different patterns and textures on their bodies. Can you look carefully at some of the patterns and create some inspired artwork?</p> 