

# Year 4 Autumn Term 1 Learning Log Homework

\*\* Create a healthy 3 course meal (starter, main course and dessert). Think about fat content, salt and sugar etc. Present your design in a creative/ imaginative way

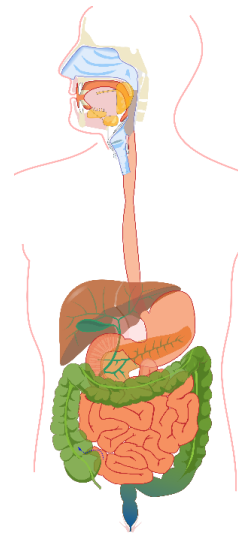
Make up a poem, song or rap about keeping your body healthy ; looking after your teeth; eating healthily or improving your immune system.

Keep a food diary for a week. Think carefully about how to track and record your information. Observe what happens to your body after you eat certain foods e.g. beetroot, asparagus, sweetcorn, blueberries etc

\*\* Use non-fiction books or the internet to research the digestive system. Write up your findings in a fun and informative way. Examples include a Powerpoint to show the class, poster, fact-file etc

Design a toothbrush of the future. What material will it be made from? What shape will it be? How is it better than today's toothbrushes?

\*\* Make or draw a model of a tooth. Label the different parts. Add information about why they are important /what they are made of.



Ask someone to draw around you on the back of an old roll of wallpaper. Label the major organs used for digestion.

Create a poster to promote healthy eating or good oral hygiene. You could use ICT!

## Burps, Bottoms and Bile!

### Information about homework

Over the next half term, you need to complete as many of the tasks above as you can. **There are 3 compulsory tasks, marked with a \*\*.** You can bring a task in when it is completed but all tasks must be brought to school no later than **Monday 16<sup>th</sup> October.**