

<p>Have a food tasting night! Try some new foods and give them a review/rating. Is there anything new you enjoyed?</p>	<p><i>Create your own short adventure story that features a hero/heroine and villain of your own.</i></p>	<p>Create your own hero or villain – draw and describe them. You could even give them a back story about how they became a hero/villain.</p>
<p>Create a model or colour diagram of the circulatory system. Include at least the following features: heart, lungs, ‘rest of body’, veins, arteries, capillaries. You may wish to name individual organs, blood vessels or chambers of the heart.</p>		<p><i>Design a 2-course menu for school dinners – there should be a choice of two mains and desserts, a vegetarian option. You must consider nutrition and cost. Maybe you could make it!</i></p>
<p>Make a fitness programme for a daily workout aimed at children aged 10-11 like you. You can create a video or perform it in class.</p>		<p>Make an ‘Everything You Need to Know About...’ poster or tops trumps either about keeping healthy or famous heroes and villains in popular culture.</p>
<p><i>Create your own book of healthy recipes. Include illustrations – these can be photographs or drawings.</i></p>		<p>Create your own recipe and cook it from scratch. Take a photo and add a caption.</p>
<p>Have a ‘Come Dine With Me’ event with your family. You can choose to have a theme if you like, (French, Italian etc) or could each make a meal (starter, main, dessert). Take photos of your event! Add captions to provide details.</p>	<p>Make a cooking show to demonstrate your cooking skills and recipe. Look at the work of Jamie Oliver or Lorraine Pascale for ideas.</p>	<p>Show and describe what happens to our bodies during exercise – this could be done in a video or as a demonstration in class – including lungs, the heart and blood.</p>
<p>Instead of completing these as homework, you can choose to complete some of these activities alongside your daily home-learning. There is no required number to complete or deadline for these activities but it would be great to see some photos if you do choose to complete some!</p>		