

St Mary and St Giles Church of England School - Home Learning

Design and create a meal that is healthy and balanced for your family. Once you have designed it, cook it for our family and ask them to review your meal. Take pictures of you cooking the meal.



Design, invent and draw a diagram of a plant or an animal that can live in an environment of your choice. Write a report of how your new creation will survive.



Look through your cupboards, what processed food do you have in there? What whole foods do you have in there? What is the difference between whole foods and processed foods? Present your findings in an interesting way.



Climate change is now affecting our Earth, how is Climate Change affecting our Earth and what can you do about it? Choose a creative way in which to present this information



Year 6 Food for Life, Going Global and Evolution and Inheritance – Autumn 1

Choose one of these challenges to complete this half term. You will need to submit your work during the week beginning 16th October 2023. You are also expected to complete regular reading, tables and Spelling Shed practice.

Create a creative way to tell others all about the 5 R's:

- Rethink - what things do you really need? .
- Refuse plastic where you can - it can help make a point.
- Reduce the amount of plastic you use.
- Reuse items whenever you can.
- Recycle as much as possible.



Keep a food diary for a whole week, recording everything that you eat and drink. At the end of the week, look at your food diary and evaluate what you have eaten and drunk—have you had a balanced and healthy diet for that week? What whole foods and processed foods have you eaten?

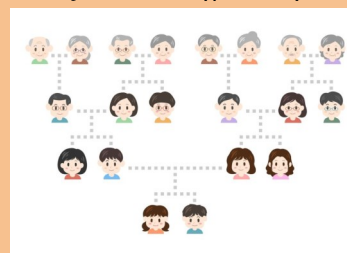
My Food Journal

Name: _____ Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							

What will you change to make your food and drink more healthy and balanced? Present your work in an interesting way.

What have you inherited from your parents? Example: eye colour, dimples, etc., but how are you different from your parents? Find a creative way to demonstrate what you have inherited from your parents and how you are different from your parents.



Create a balanced and healthy menu for your family for a week, think about your use of whole and processed foods. Did you try any of the meals that you created? If so which ones? Did you enjoy them, why / why not?

	Breakfast	Lunch	Dinner
Sunday	Mushroom hash with poached eggs	Pepper & lemon spaghetti with basil & olive oil	Steamed trout with mint & dill dressing
Monday	Peach & orange yogurt pots with ginger oats	Avocado & olive oil pulpar lunch bowl	Swedish meatballs with beetroot & apple salad
Tuesday	Mushroom hash with poached eggs	Beetroot bulgur lunch bowl	Smashed chicken with corn slaw
Wednesday	Peach & orange yogurt pots with ginger oats	Courgette, leek & goat's cheese soup	Curried chicken with tomato auberg