





Home Learning – Year 2

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| <p style="text-align: center;">D.T.</p> <p>What is healthy and unhealthy food?</p> <ul style="list-style-type: none"> Look at different foods – are they healthy or unhealthy? Discuss why a food is healthy or unhealthy? For example, KFC chicken is unhealthy because it is fried in oil. A banana is healthy because it gives us energy. Create a table with 2 columns. Label – healthy / unhealthy. Write or draw different foods in the correct column. <p style="text-align: right;">Healthy and Unhealthy Table</p>  | <p style="text-align: center;">D.T.</p> <p>What is a balanced diet?</p> <ul style="list-style-type: none"> Explain that humans need a balanced diet. Some food we need to eat lots of (every meal), some food we need sometimes (1/2 times a day) and some food we should only eat a little of (only as a treat). Lots (fruit, vegetables), Sometimes (meat, dairy), Little of (high sugar and fat foods). Create a healthy meal plan for one day (breakfast, lunch, dinner and a snack.) Draw and label the foods. <p style="text-align: right;">Plan a meal</p>  |
| <p style="text-align: center;">D.T.</p> <p>Can I design a meal for someone else?</p> <p>Choose one person to design a healthy snack for:</p> <ul style="list-style-type: none"> A very child A child's party A Grandma or Grandad <p>Think about what foods they might like. Would they like hard or soft foods? Is it appetising? Think about the colour of the food you are choosing.</p>  | <p style="text-align: center;">R.E.</p> <p>Who was St. Cuthbert?</p> <p>Find a story about St. Cuthbert and discuss the main events. Discuss details of his early life and how he became a monk. How long was he a monk at Melrose? Why did he become a hermit? Where was he Bishop of? Why did the monks carry his body for 100 years? Where is his body now?</p> <ul style="list-style-type: none"> Design a stained glass window for St. Cuthbert at Durham Cathedral.  |