



# Northcott Life Skills

Every two weeks we will create learning activities to access at home around a Life Skills. Pupils can choose from the activities below, or they can create their own and share their projects with their teacher or on twitter. We will be putting regular video updates on the schools website to give you some ideas to get you started. The investigations have been designed to be fun and hands-on, so give it a go! This week we will be looking at *Healthy Diet*.

## Healthy Diet

- A **Healthy Diet** is made up of a Good balance of carbohydrates, proteins and fats.
- All the food you eat contain **Calories**. Calories are what the body uses for energy and at measured in Kilojules (Kj) or Calories (Kcal). This information can be found on the packaging of all foods.

### Quiz

- 1) Is a **tomato** a fruit or a vegetable?
- 2) How many portions of fruits and vegetable should we eat each day?
- 3)
  - a) Can you name a food that is a **carbohydrate**?
  - b) Can you name a food that is a **protein**?
  - c) Can you name a food that is a **fat**?

### Challenges

- 1) Come up with a meal that has a Good balance of carbohydrates, proteins and fats.
  - 2) Produce your own drawing of an 'eat well plate'.
  - 3) With adult supervision, help prepare a meal for yourself or someone in your household.
- This could be anything from a fruit salad to a sandwich or even an omelette.



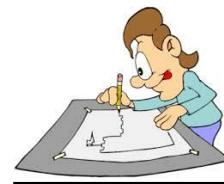
### Research and Links

You can use any resources you like to answer the quiz such as the internet.

Useful links:

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

[https://www.bbc.co.uk/bitesize/topics/zf339j6/articles/zmwv\\_gdm](https://www.bbc.co.uk/bitesize/topics/zf339j6/articles/zmwv_gdm)



Remember to check out the videos on the schools website. Looking forward to seeing and hearing about your activities!

Send your pictures, or video to school via the school email:

[northcott4parents@hotmail.com](mailto:northcott4parents@hotmail.com) or upload onto Twitter and tag @Northcottschool