

### **In Science:**

The children will be considering the nutrition needs of both animals and humans - researching what they eat and where their food comes from. They will also be identifying the parts of skeletons in humans then moving on to learning about muscles and how these offer protection and are essential for movement.

### **In English:**

Children will write comic strips based on the book 'Supertato.' They will revisit how to use speech correctly and learn the features of comic strips. To conclude the project the children will create a non-fiction text based around living a healthy lifestyle.

### **In D&T:**

The children will develop their cooking skills, working towards making a healthy pasta salad. The children will not only apply their cutting and grating skills but also consider how to cook in a hygienic way. Finally the children will be taught about seasonality of vegetables.

Please see the attached Home Learning which has been written and explained to your child. We really value the support you show to your child with their home learning in order for them to consolidate their thinking skills and independence.

## **Curriculum Information Sheet**

### **'Fit and fab'**



### **Rationale:** Why do we need to stay healthy?

What does a healthy lifestyle look like? Is it all just about the food we eat?

After spending the morning thinking about ways to keep our mind, body and soul healthy we will then begin to work towards building healthy habits. The children will be taught what a balanced diet looks like but also be learn ways to have a positive mental mindset. The project concludes with the children creating their own pasta salad - taking it home for their family to enjoy.

### **Project Vocabulary**

*Please ensure your child learns these to encourage them to use them correctly in school.*

Health	diet
Balanced	hygiene
Human	animal
Body	skeleton
Muscles	food groups

### Key information:

**Home learning hand in date:**

**Monday 23<sup>rd</sup> March 2026**