



# KSI Topic Homework - We Are What We Eat



Please complete a minimum of one task.

You may present your work in any way that you wish - models, songs, poems, videos or posters. The choice is yours! We look forward to seeing some of your amazing creations. Have fun!

All homework to be sent into school no later than Friday 17th May.

	Task option 1	Task option 2
Remember	Practise colour mixing and use this knowledge to paint a piece of food. Remember to be 'observant', taking your time to draw and then paint the object.	What are the five main food groups? Find out about them and display your findings however you choose!
Understand	Create, write and present a menu for a 'Healthy Cafe'.	Visit a farm to investigate where your food comes from. We would love to see some videos that we could share with the class!
Apply	Complete a survey or questionnaire that checks how much fruit your friends or relatives eat at school in a week. You can choose how to present your findings.	Make a timeline, flowchart or checklist of personal-care habits that you must do in a day (e.g. wash your face, brush your teeth etc.).
Analyse	Visit the supermarket and select one piece of food. Where did it come from? Find out about its journey from source to shelf!	Looking at the 'Eatwell plate' design and create your own healthy meal/lunchbox. What would you put in it? Make it and enjoy eating it! Remember to take lots of photos!
Evaluate	Complete the exercise challenge! Create a week-long exercise programme for yourself and your family. Now complete it and video it!	Plan a healthy meal and calculate how much it would cost to make. Show your workings.
Create	Write a poem about food, fitness and staying healthy.	Create a 'Where does food come from?' quiz for your class mates! Make sure that you know the answers too!