



In DT we will be designing and making our own sandwiches.
What would you put in yours?

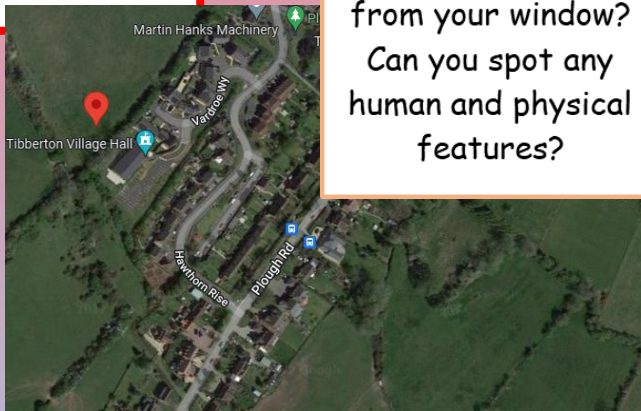
Sandwiches can be made from lots of different types of bread. Can you find out the different types?

What is bread made from and how is it made?



Why is a sandwich called a sandwich?

What can you see from your window? Can you spot any human and physical features?



Where is this?

How do we care for others and our world?



What would your street look like on a map?



Healthy Humans

Words we can spell:

- exercise
- body
- heart
- sandwich
- key
- health
- growth
- energy
- water



In Geography, we will be learning about our local area.

As part of this we will take a walk around our village and look at aerial maps. We will identify key features and create our own maps with keys.

This is an aerial map of Tibberton. What features can you see?

CHALLENGE:

Can you find your house on google maps?

KEY QUESTIONS

- What are the main features and purpose of a map?
- What is our local area like today?
- What was Tibberton like in the past?
- How can we find out about the history of our school and our local area?



Words we understand:

- diet
- local
- balanced
- oxygen
- symbol
- hydration

Key Vocabulary	
diet	The food and water that an animal needs.
disease	Illness or sickness.
exercise	A physical activity to keep your body fit.
germs	Tiny living things that can cause disease.
hygiene	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
nutrition	Food needed to live.
pulse	The beating of the heart that can be felt in your neck and wrist.

In Science we are going to be learning about how to keep our bodies healthy.

What do you think healthy looks like?

Which parts of the body do you know? Inside? Out? Which parts are linked to the 5 main senses?



Eatwell Guide

To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.

Water, lower fat milk and sugar-free drinks.

6-8 a day

fruit and vegetables

carbohydrates

proteins

dairy and alternatives

oil and spreads
Choose unsaturated oils and use in small amounts.

Eat less often and in small amounts.

Being active and **exercising** keeps our bodies and minds healthy.

To stop germs from spreading, it is important to be **hygienic**.

Did you know that sleep keeps your heart healthy?



How many hours of sleep should we have?

Key Vocabulary	
sight	Your eyes let you see all the things around you.
hearing	Your ears let you listen to all the things around you. Your brain is able to tell what different sounds are.
touch	Your skin gives you the sense of touch. You can tell if something is warm, cold, smooth or rough without even looking at it!
taste	Your sense of taste comes from your tongue. You can tell if something tastes bitter or sweet. You might have some tastes you like and some you don't.
smell	You smell using your nose. Your nose can tell if things smell nice or not nice.

Senses

sight

hearing

touch

taste

smell

Parts of the Body



Key Facts:

- The 7 ingredients of a balanced diet are **Carbohydrates, Proteins, Fats, Vitamins, Minerals, Fibre** and **Water**.
- Exercise keeps your body and mind healthy, helps you to grow strong, helps you to do well at school AND it's fun.
- A child should drink 5-7 glasses of water a day.