

WM Net - Science Files	KS2	<i>eastteach Files</i>
Title— Balanced Plate	Y4	

Planning Links— QCA Unit 3A, 4A, 5A: Focus—Eating for Health

Objectives:

Children should learn:

- that all animals, including humans, need to feed
- that animals need to feed to grow and to be active

By the end of these sessions most children should:

- describe a varied and balanced diet suggesting some foods that are needed for growth and some that enable us to be active

Page descriptions:

Page 2 : A Balanced Plate

Move the objects onto the correct section of the plate, check your answers by clicking on the blue box.

Page 3 : Foods Containing Fat

Complete the sentence by clicking on the correct word/phrase. Drag the objects to the correct heading. Discuss why some foods only contain fat because of the way they are cooked.

Page 4 : Foods Containing Sugar

Drag the objects into the correct circle, discuss why the objects in the right hand circle are a healthier alternative.

Additional Notes:

These files are intended to supplement rather than replace alternate methods. As with all science work it is crucial to give the children the opportunity to involve themselves in hands on exploration wherever possible.

This file should be used in conjunction with a PE or PSHE sessions involving health.

WM Net - Science Files	KS2	<i>eastteach Files</i>
Title— The Effects of Eating Healthily.	Y4	

Planning Links— QCA Unit 3A, 4A, 5A: Focus—Varied Diet

Objectives:

Children should learn:

- that to stay healthy we need an adequate and varied diet
- to present information about diet and health

By the end of these sessions most children should: describe how an imaginative idea about the relationship of diet to health was tested

Page descriptions:

Page 2 : Food Groups

Drag objects into correct group. Recap what each group of food provides (link to Healthy Eating interactive resource 1- Balanced Plate) and why this is important to our bodies. List additional foods which belong in these groups.

Page 3 : Foods for Growth and Activity

Discuss which foods help us grow and which provide us with energy. Drag foods into correct boxes and add additional ideas.

Page 4 : Effects of healthy eating on the body.

Discuss ideas with children and write responses in boxes. Drag box away to reveal additional ideas, discuss and compare with own.

Additional Notes:

These files are intended to supplement rather than replace alternate methods. As with all science work it is crucial to give the children the opportunity to involve themselves in hands on exploration wherever possible.

This file should be used in conjunction with a PE or PSHE sessions involving health.

WM Net - Science Files	KS2	<i>eastteach Files</i>
Title— Exercise	Y4	
Planning Links— QCA Unit 3A, 4A, 5A: Focus—Exercising		
<p>Objectives: Children should learn:</p> <ul style="list-style-type: none"> • that we need exercise to stay healthy and to maintain our muscles • that when we exercise, our muscles work harder <p>By the end of these sessions most children should: explain after exercise we feel eg we feel hot or tired because our muscles have worked hard</p> <p>Page descriptions:</p> <p>Activity 1 - complete the sentence. Choose the appropriate word from those listed below to complete the sentence. Move the mouse over the gap to reveal the correct word.</p> <p>Activity 2 - Activity sort. Drag the activities into the correct sections. Add own activities to extend children's ideas.</p> <p>Activity 3 - Effects of exercise on the body. Use these statements as discussion prompts. Make notes in the white boxes.</p> <p>Additional Notes:</p> <p>These files are intended to supplement rather than replace alternate methods. As with all science work it is crucial to give the children the opportunity to involve themselves in hands on exploration wherever possible.</p> <p>This file should be used in conjunction with a PE or PSHE sessions involving health.</p>		

WM Net - Science Files	KS2	<i>eastteach Files</i>
Title— Healthy Bodies	Y4	
Planning Links— QCA Unit 3A, 4A, 5A : Focus—The Heart and Lungs		
<p>Objectives:</p> <ul style="list-style-type: none"> • Children should learn: that the heart and lungs are protected by the ribs • that the muscle in the walls of the heart contracts regularly, pumping blood around the body <p>By the end of these sessions most children should: recognise that the heart is a pump because its muscle wall keeps contracting and squeezes the blood in it forcing blood to move round the body</p> <p>Page descriptions:</p> <p>Page 2 Body Building... This page shows the functionality of major bodily organs. There is a range of questions regarding the functions of specific organs along with a range of images of the body parts involved. Each image has a hidden name label. Drag it onto the red reveal panel to view it's name. Drag each image so that it is in line with the question descriptor.</p> <p>Page 3 Answer page. Here each body part is shown in it's correct location.</p> <p>Page 3 Additional Notes:</p> <p>These files are intended to supplement rather than replace alternate methods. As with all science work it is crucial to give the children the opportunity to involve themselves in hands on exploration wherever possible.</p> <p>This file should be used in conjunction with a PE or PSHE sessions involving health.</p>		