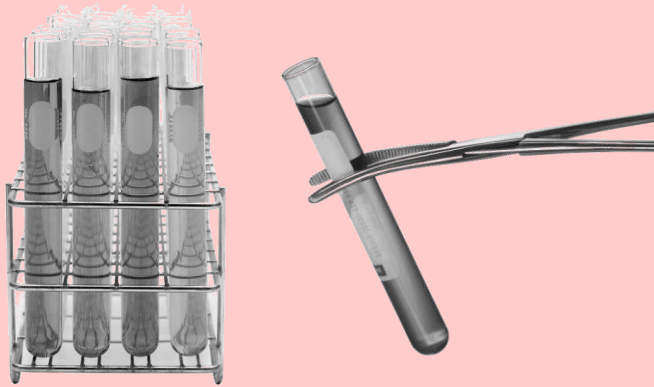
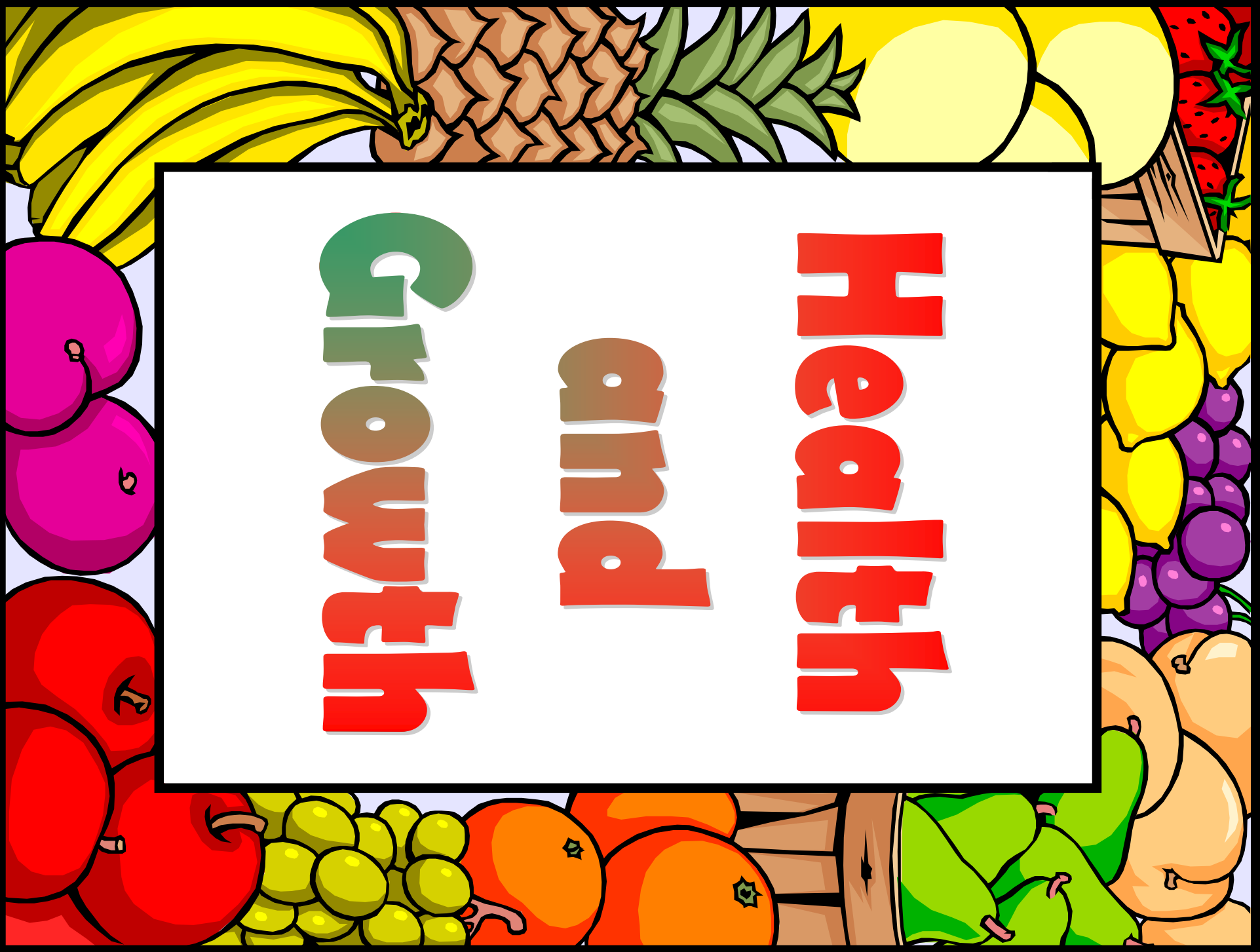


Science Displays - Unit 2A: Health and Growth



SCHOOLS
 **LINKS**

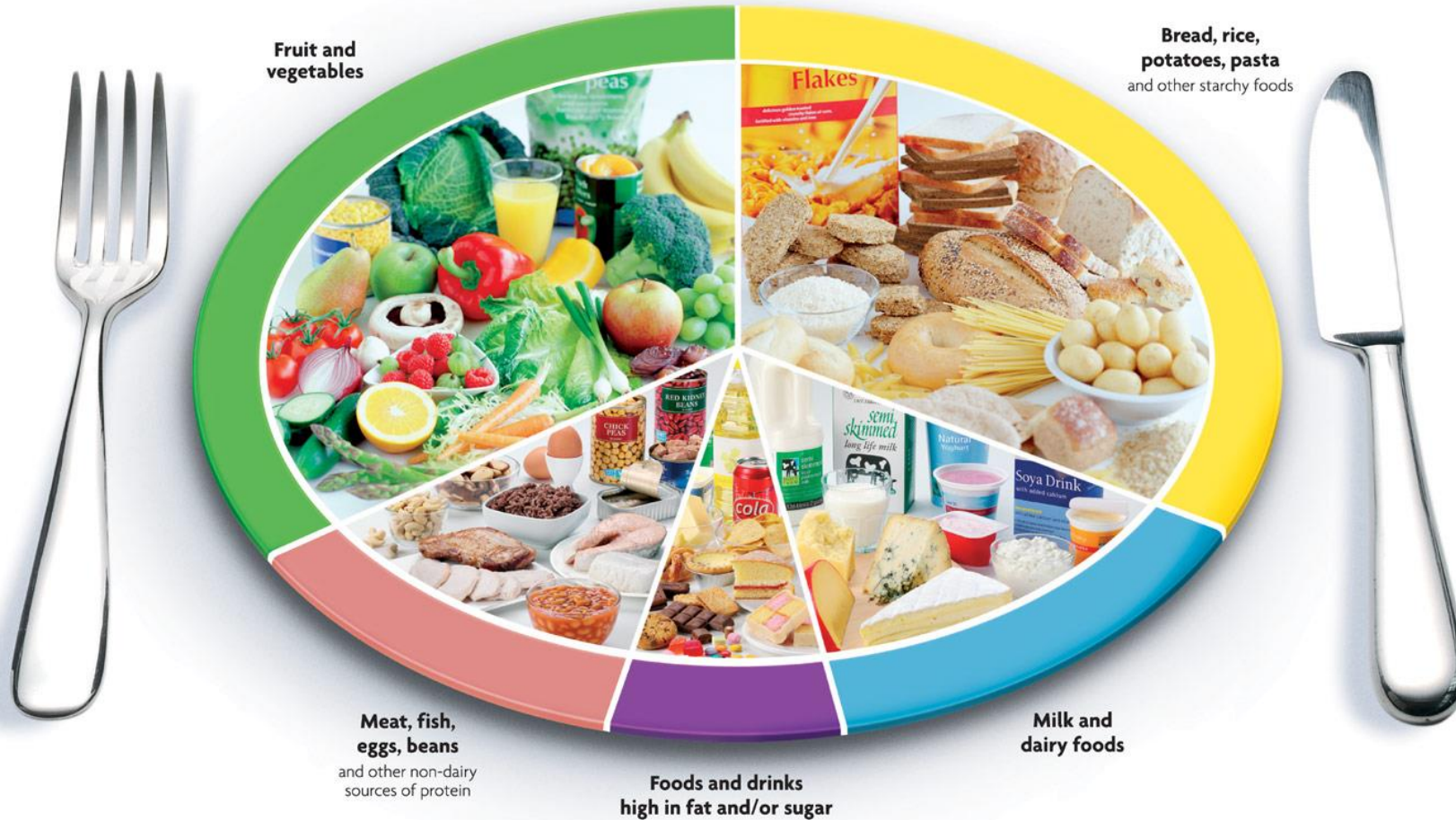
schoolslinks.co.uk



Health
and
Growth

The eatwell plate

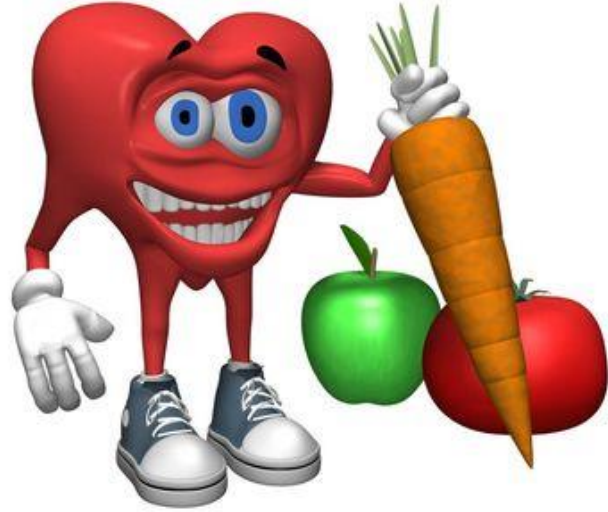
Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Lots of information about healthy eating can be found at: www.food.gov.uk, including this image: www.eatwell.gov.uk/healthydiet/eatwellplate/

healthy

unhealthy



diet



exercise



feed



move

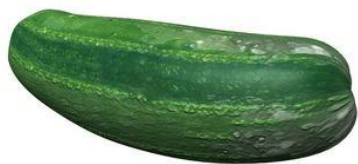


medicine



safety

**What do
you like
to eat?**



What is *exercise?*




**Have you
ever had to
take
medicine?**

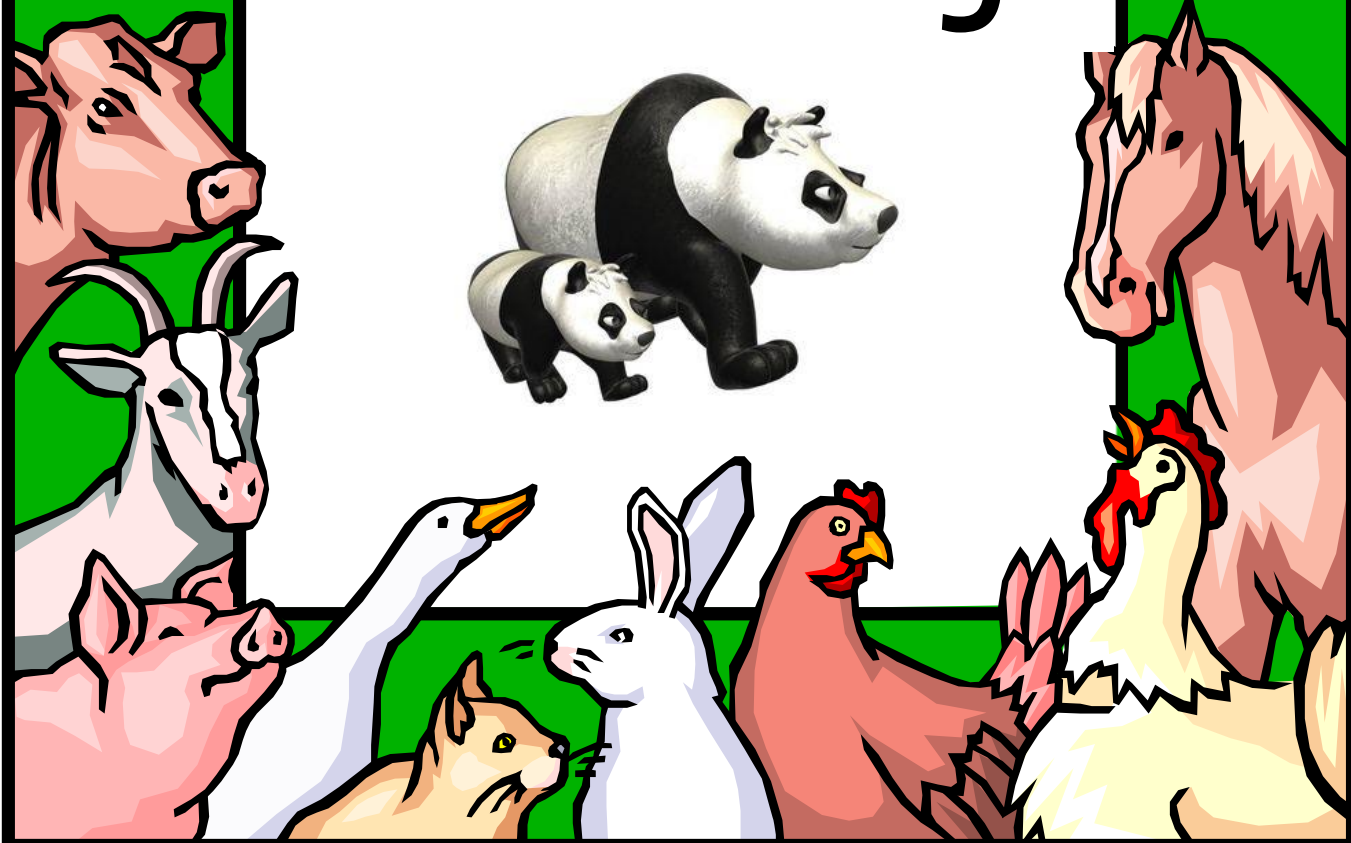


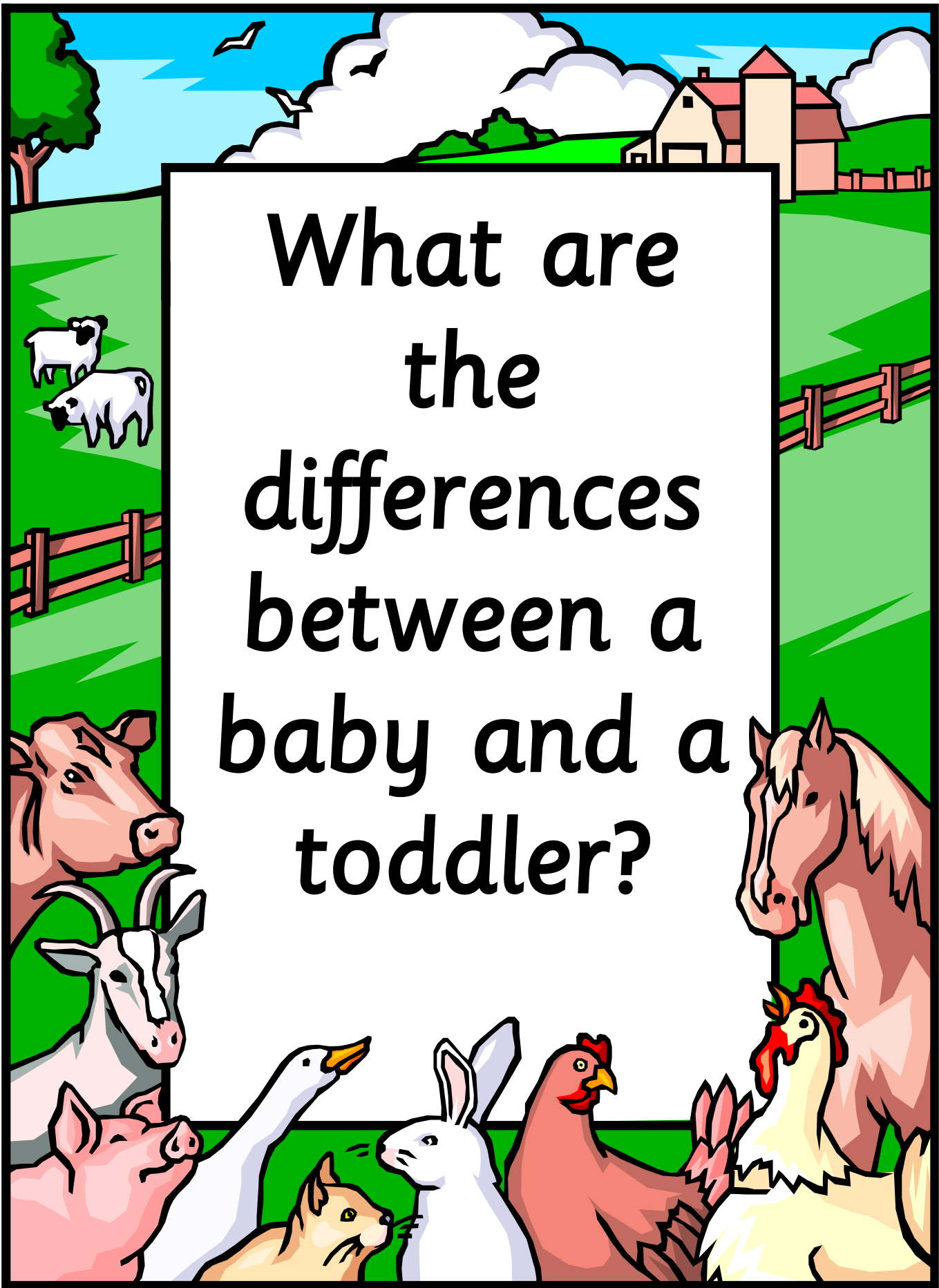
What are the dangers of medicine?






















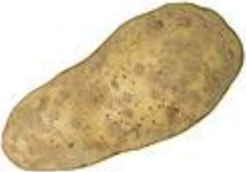


Can you
match the
parent to
their baby?



A vibrant, cartoon-style illustration of a farm. In the background, there are rolling green hills, a wooden fence, a large barn with a red roof, and a smaller house. The sky is blue with white clouds and a few birds flying. In the foreground, a variety of farm animals are gathered around a central white text box. On the left, there are two white sheep, a brown cow, a white goat, a pink pig, and a white duck. On the right, there is a brown horse and a yellow chicken. In the center foreground, there is a white rabbit and a brown cat. The text box is white with a black border and contains the question: "What are the differences between a baby and a toddler?"

**What are
the
differences
between a
baby and a
toddler?**

<h2>Health and Growth</h2>		
<p>Sort a selection of pictures of foods into two groups, such as 'healthy' and 'not as healthy', or 'foods we should eat often' and 'foods we should eat rarely'.</p>		

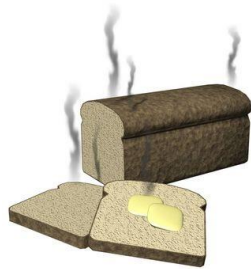
			
			
			
			
			

Balanced Diet

fruit and vegetables



bread, cereals, potatoes



meat and fish



milk and dairy products



fats and sugars



Ask children to keep a food diary of what they eat over a few days. Then ask them to sort the foods into the above categories.

What are our Favourite Fruits?

10						
9						
8						
7						
6						
5						
4						
3						
2						
1						

With children plan and carry out a survey of favourite fruits and help children to present results as a block graph.

Planning a Meal



Ask children to plan a meal for a special occasion.

Exercising

Ways of exercising

Before PE

After PE

Ask children to suggest ways in which we can exercise. Then ask them to discuss how their bodies feel before and after a PE lesson. Produce 'before' and 'after' drawings and descriptions.

Young Animals Growing Into Adults

child

adult

Provide children with pictures of adult and child animals. Ask children to match parent and offspring.

Looking after Babies and Children	
Children generate questions about what a baby and what a toddler can and can't do and about what they need.	

The Difference Between Babies and Toddlers

Babies can



Babies can not



Toddlers can



Toddlers can not



Children use the responses to their questions in the last session to complete the above chart.

Taking Medicines

Devise a list of rules for using medicines safely.

Medicines and Safety

Design a poster related to medicines and safety.

