Good to be Me

It is important that we know how to keep ourselves fit and healthy. We will be learning about what to eat, about hygiene and about how to exercise to keep ourselves fit.

Computing

I can explain that a sequence of commands has a start and an outcome.

I can create a programme using my own design.

I can evaluate my project and decide how to improve it.

DT

I can decide which sort of bread to use in my design for a healthy sandwich after trying a range of different types.

I can decide what fillings I will use in my sandwich and create a design.

I can use knives safely to slice, spread and chop ingredients for a healthy sandwich or wrap.

I can evaluate the sandwich I have made and think of ways to make it better.

Science

I know I need to eat the right amounts of different types of food.

I know the basic parts of the human body.

I know which part of the body is linked to each sense.

I know the importance of exercise.

I know the importance of keeping clean.

