

# Uffington

## Term 1 2020 Homework



### Food



EQ: Feeling safe

Definition: **Safe** can be **defined** as free from harm or hurt. So, **feeling safe** means you do not anticipate either harm or hurt, emotionally or physically.  
(Fosteringperspectives.org)

<b><u>Task 1</u></b>	Look at the food labels on your shopping. Where does the food come from? Can you find the places on the map? Where is the closest place? Where is the furthest?
<b><u>Task 2</u></b>	Use what you know about the types of foods you should include in your diet (fruit and vegetables, proteins, carbohydrates, dairy, fats) to design a healthy packed lunch.
<b><u>Task 3</u></b>	Help a member of the family to prepare a meal to share. Can you measure out the right ingredients?
<b><u>Task 4</u></b> <b>EQ task</b>	Our EQ focus is FEELING SAFE. <b>Feeling safe</b> means you do not expect either harm or hurt, emotionally or physically. Think of the different activities that you may do, at home, in school and make a list of how you keep safe while doing them. Also think of different peoples jobs e.g. builder, farmer, police officer, fire fighter etc and list what they use to keep them safe.
<b><u>Reading</u></b>	Try to read to an adult for at least 5-10 minutes a day. <a href="https://www.activelearnprimary.co.uk/login">https://www.activelearnprimary.co.uk/login</a> Active learn login: Active learn password: Nyland School code : kgcj