

# Savernake Class

## 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 to our country? Where is the furthest?
<b><u>Task 2</u></b>	Can you design a healthy lunchbox? What would you put in your lunchbox to make sure that it is a balanced diet. Try and think about all the different food groups to help you.
<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? Can you take a photo to share with the class?
<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 people's 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