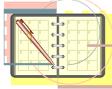
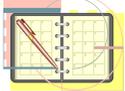


# Healthy Bodies & Healthy Minds

<p><b><u>A-Z BODY PARTS</u></b></p> <p>Make an A-Z list of body parts</p> 	<p><b><u>CREATE A QUIZ</u></b></p> <p>Create a quiz for one of the body systems</p> 	<p><b><u>FOOD JOURNAL</u></b></p> <p>Keep a journal recording your eating habits for a week and evaluate your success at attaining a healthy diet.</p> 	<p><b><u>SONG LYRICS</u></b></p> <p>Locate and learn a song relating to the body. Write the lyrics of the song in your homework book.</p> 
<p><b><u>PRO &amp; CON</u></b></p> <p>Make a "Pro and Con" list for and against lollies and cakes at the school canteen</p> 	<p><b><u>HEALTHY LUNCHBOX</u></b></p> <p>Design the menu for a healthy lunchbox</p> 	<p><b><u>HEALTHY CHOICES POSTER</u></b></p> <p>Illustrate a poster to promote healthy choices at the canteen</p> 	<p><b><u>DESIGN AN AD</u></b></p> <p>Design an ad to promote a healthy food or activity.</p> 
<p><b><u>EXERCISE JOURNAL</u></b></p> <p>Keep a journal tracking how much physical activity do in a week. Do you think that you do enough exercise?</p> 	<p><b><u>SCIENCE</u></b></p> <p>Conduct a science experiment to do with healthy bodies and healthy minds. *Always ask your parents first.</p> 	<p><b><u>EATING SOMETHING NEW</u></b></p> <p>Try eating something new and nutritious. *You may wish to try something that you don't normally eat.</p> 	<p><b><u>EXERCISE PROGRAM</u></b></p> <p>Create an exercise program for the week that involves 30 minutes of daily exercise.</p> 
<p><b><u>FREE CHOICE PROJECT</u></b></p> <p>Investigate a personal interest project on one aspect of the body</p> 	<p><b><u>DID YOU KNOW THAT?..</u></b></p> <p>Create a list of interesting body facts.</p> 	<p><b><u>COOKING IN THE KITCHEN</u></b></p> <p>Follow a recipe to make a healthy food. Copy the recipe into your homework book. Perhaps you could include a photo of your finished recipe.</p> 	<p><b><u>WONDERFUL WEBSITES</u></b></p> <p>Explore the Internet to find good websites that could be used by Year 4 learners to find about Healthy Bodies. Make a list of the great sites you find.</p> 
<p><b><u>PLAY A BOARD GAME</u></b></p> <p>Play a board game or a card game with a friend or sibling.</p> 	<p><b><u>OUTSIDE GAME</u></b></p> <p>Play a game outside with a friend or a sibling.</p> 	<p><b><u>ORGANISED SPORT</u></b></p> <p>Participate in your organised sport e.g. cricket or dancing. If you don't participate in one, play a game outside.</p> 	<p><b><u>WALK OR BIKE RIDE</u></b></p> <p>Go for a walk or a bike ride.</p> 
<p><b><u>JIGSAW PUZZLE</u></b></p> <p>Solve a jigsaw puzzle.</p> 	<p><b><u>IN THE GARDEN</u></b></p> <p>Help out in the garden.</p> 	<p><b><u>TRY A NEW SPORT</u></b></p> <p>Try a new sport.</p> 	<p><b><u>YOGA</u></b></p> <p>Participate in some Yoga or relaxation exercises.</p> 

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