**Science:**

This week you will be learning about a balanced diet.

1. Watch this video: <https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j>
2. Think about what makes up a balanced, healthy diet.
3. Follow through the PowerPoint named ‘Healthy Eating’ to give you some more information.
4. There is also an activity to complete on the PowerPoint as well as the one below.

Activity:

Make an engaging poster on a healthy, balanced diet. (There are some examples below).

**You must include:**

* What makes up a healthy and balance diet?
* Why is it good to have a balanced diet?
* What makes each part of a healthy diet good?

**Some helpful websites:**

<https://www.healthline.com/health/balanced-diet#importance>

<https://www.nhs.uk/live-well/eat-well/>

**Poster Examples:**

