



# HEALTHY BODIES HOMEWORK ACTIVITIES



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| Make an A-Z list of body parts   | Create a quiz for one of the body systems   | Keep a journal recording your eating habits for a week and evaluate your success at attaining a healthy diet                                | Locate and learn a song relating to the body. Write the lyrics of the song in your homework book.   |
| Make a "Pro and Con" list for and against lollies and cakes at the school canteen                          | Try a new sport.                            | Illustrate a poster to promote healthy choices at the canteen   | Design an advertisement for making healthy food choices   |
| Keep a journal tracking how much physical activity do in a week. Do you think that you do enough exercise? | Design the menu for a healthy lunchbox      | Compare and contrast the nutritional needs of a toddler and yourself  | Create an exercise program for the week that involves 30 minutes of daily exercise.   |
| Investigate a personal interest project on one aspect of the body  | Produce a brochure promoting healthy eating | 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. | 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. |