

# Responsible

| <b>Food and Health</b>  | <b>Healthy Lifestyles</b>  | <b>P.E. Physical Activity and Sport</b>  |
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| <p style="text-align: center;">Food Sources</p> <p>P1<br/>Help put the shopping away and as you do discuss with an adult where you think the food came from-an animal or a plant</p> <p>P2-P7 Next time a food advert comes on TV discuss with an adult whether the advert makes you want to try the food and why. Discuss if the food is healthy food or not. Is the advert a responsible advert or are you more responsible in your thinking/choices?<br/>Tricky!</p> <p>P4-7 Challenge: create your own advert for your favourite food. Share it on Teams.</p> | <p style="text-align: center;">Responsibility at home and community</p> <p>P1<br/>What jobs does everyone in the house do to keep it clean and tidy? Chat to an adult at home about this and see if the jobs are shared evenly. What is your job?</p> <p>P2-P4<br/>At home discuss all the people in the community who help create a safe and healthy environment for you to live in e.g. dog wardens/police</p> <p>P5-P7 What would make your community healthier and happier. Make something creative that could be displayed in the community to get people to take responsibility for dog fouling/ dropping litter/parking on pavements. Share on Teams.</p> | <p style="text-align: center;">Responsible activity</p> <p>P1-2<br/>We can take responsibility for having good health if we are outdoors more so go on a Wild Walk and take a bag to collect things like twigs and feathers!</p> <p>P3-7<br/>Working with an adult at home, learn how to take your pulse. Aim to do 15 minutes of exercise and then take your pulse rate before (resting), during (active) and after (cooling down). Keep a note of this. Try this at least 3 times in a week. Notice any improvement?</p> |