

**Topic:** **Fit for Life**

**Task 1:** **Can you find 5 interesting facts about the human body?**

You can add pictures or labelled diagrams to impress your classmates.

**Hand in Tuesday 19th September.**

**Task 2:** **Can you research and list sporting venues across the North-East?**

Use Google to find out sports stadiums and arenas across a variety of sports. Find out which teams play there, capacity and even the team mascot!

**Hand in Tuesday 26th September**

**Task 3:** **Design a healthy 3 course meal.**

Imagine you are Jamie Oliver and you have been asked to serve a healthy meal for an Olympic athlete. Your meal must include a balance of all the main food groups and be appetizing.

**Hand in Tuesday 3rd October**

**Task 4**: **Can you investigate what goes on food packaging?**

Look at the different food packages in your kitchen cupboards? What information do they have on them? What are they made from? Do they have an eye-catching design? Draw and label your favourite food package and explain why.

**Hand in Tuesday 10th October**

**Task 5: Can you create your own ‘Change 4 Life’ character in the style of Keith Haring?**

Watch the adverts on T.V or online at [www.nhs.uk/change4life](http://www.nhs.uk/change4life) and create a new character.

**Hand in Tuesday 17th October**

