

YEAR 5 LEARNING NEWS



Ongar Place
Primary School

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This Week....

This week has been Healthy Eating Week. We started the week by investigating the Eatwell Plate. We discovered the different food groups and the part they play in a healthy diet. We made menus and assessed how they matched healthy recommendations. On Tuesday we learned about nutrients and fibre. We concentrated on how a variety of food should be eaten because they each provide different nutrients that help our body in different ways. We watched a video about the importance of having fibre in our diet. In the afternoon we practised some yoga with Mrs Meade. On Wednesday we focused on water. We discovered the importance of being hydrated. How much should we drink and what should we drink were important questions. On Thursday we learned about energy and food. We discovered what energy is and why we need it. We then calculated energy levels needed and related them to portion sizes. In the afternoon, in small groups, we cooked Cheesy Leek Triangles. Lots of fun was had. We also started to make posters to show everything we have learned about eating healthily. Finally, on Friday, we discussed healthy choices and enjoyed the experience of having an 'active' lifestyle and learned about its importance. Phew! What a week!

Ambassadors of the Week

Zain & Archie —

for making interesting and valuable contributions to our 'healthy' discussions

Information for Families

Tuesday—Sponsored Bounce

Wednesday—Sports Day (p.m)

