

Year 2 Learning Journey - Week beginning Tuesday 14th April 2020

Question: How can I use science to better look after myself?

We are continuing our work as scientists, looking at how we can use science to better look after ourselves. Before the holiday we focused on exercise and nutrition and I think, given the situation we all find ourselves in, it would make sense to look again at this. You may have found it more difficult to exercise regularly and eat healthily during this period of isolation.

These tasks are to be spread out across your week – don't rush! Take your time to produce quality work and make sure that you talk lots throughout the learning experiences. Lots of the work will not be written down but will have taken place when you've been talking together. Do your best to complete the work but don't worry if you don't finish everything, you can always finish it at a later date.

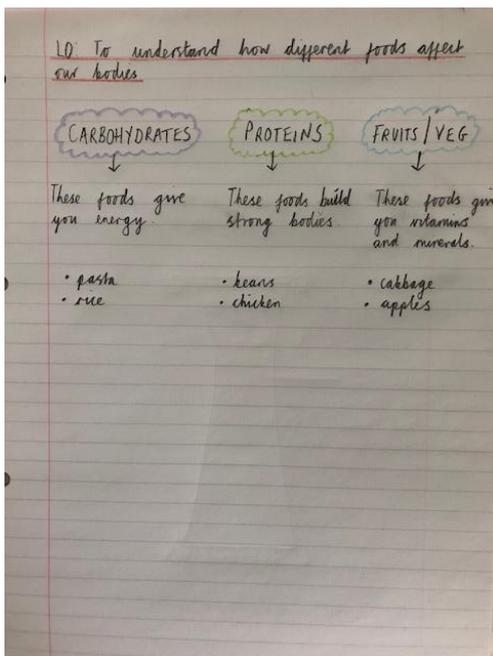
Nutrition

Task 1

LO: To understand how different foods affect our bodies.

Look back at the food diaries or the menu planners that you created. Why are they healthy or unhealthy? How do those different foods that you eat make you feel? Talk about how you feel after the following types of foods:

1. Sweets
2. Pasta, rice or potatoes
3. Salad



Food is our fuel. What you put in your body determines how your body will work. Would a top athlete fill their bodies with cakes and sweets? Why not?

Watch this short video:

<https://www.bbc.co.uk/bitesize/clips/z3n2tfr>

Write the learning objective (LO) at the top of a new page and see if you can complete a table like the one I started in the picture to the left. How many foods can you add to each section of the table?

Task 2

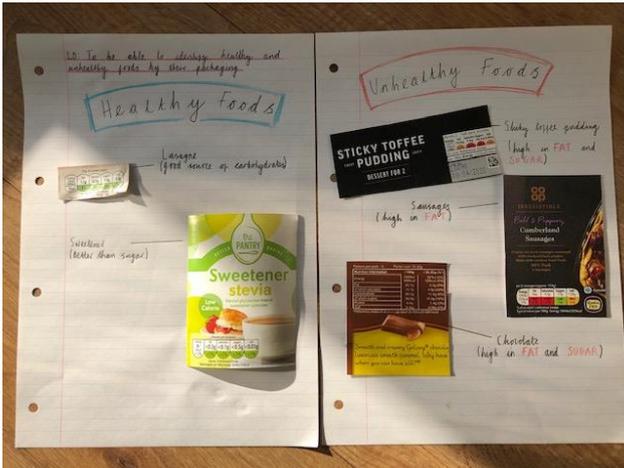
LO: To be able to identify healthy and unhealthy foods by their packaging.



When we shop we need to understand what we're buying and what these foods do to our bodies. In order to make healthy choices we need to know how to read food packaging and nutrition labels. Discuss this and spend some time looking through the kitchen cupboards looking at the differences between different labels.

Is this yoghurt healthy? How do you know? Why do you think that?

It's actually got as much sugar in it as two chocolate donuts! You'd never guess from the packaging, would you?



Look at the 'food labelling Powerpoint' for more information on food labels.

Then start a new double page in your book and write the LO at the top.

Now search for food labels in the house from products that are healthy – stick them down and label what the product is.

Repeat on the other page for unhealthy foods, saying why they are unhealthy.

Here is an example of what the page might look like (I've only started mine, not finished it!).

Exercise

Task 3

LO: To investigate what happens to your heart rate when you exercise.

- What is the heart? What does it do? Do a little research together – what can you find out?
- Watch this short video to 'hook' them into this lesson:

<https://www.bbc.co.uk/bitesize/topics/zwdr6yc/articles/ztg6gdm>

- This website is a brilliant resource to help you or to share together with your child:

<https://www.theschoolrun.com/homework-help/human-circulatory-system>

- Explain that today's task is to carry out a scientific investigation. Explain that they are going to measure their pulse before and after exercise. This link talks you through the investigation step by step.

<https://www.science-sparks.com/heart-rate-investigation/>

- Feel free to adapt it and see where it takes you. I am leaving the recording of this investigation up to you – I'd very much like to see what you come up with. Just so you know, this investigation is very similar to an investigation I did as part of my Masters degree so please do send me your results as I'd be interested to hear what you did and what you found!