



Friday 8th May

Today we are going to learning about healthy eating and healthy living. See PowerPoint provided. Remember everything is fine in moderation.

Think about what you like to eat and activities you like to do that are healthy. What have you been doing in lockdown to keep your mind and body healthy?

Can you write a list of things?

Activity

Send us an email. We would love to see what you have been up to during lockdown. Take a photo of something you have done, made or what you do for your daily exercise and write a short description about it and email it to us. We look forward to seeing your pictures.