

Healthy Living: Writing Tasks

The Special Shrinking Submarine breaks down again

Write a story in which the submarine breaks down again whilst inside a body. Imagine you are there.

You might include...

- Who you are with
- Where in the body the submarine breaks down
- How did everyone decide what to do next?

Remember...

- To describe how you felt, not just what happened
- Include lots of descriptive language to describe the strange environment!

Healthy Living: Poster design

Design a poster to show how to live a healthy life.

You might include...

- Food and drink.
- Different types of exercise.
- The importance of sleep.
- Drawings and labels

Remember...

- To use bold writing and bright and colourful illustrations

Menu

You've been asked to create a menu for a healthy supper. It needs to have a main course and a dessert. How healthy can you make the meal?

You might include...

- Fresh fruit and vegetables
- Protein such as meat, fish or beans
- Potatoes, pasta, rice or bread for energy
- A healthy drink
- A colourful labelled drawing of the complete meal.

Remember...

- *Not too much sugar and no junk foods such as crisps!*

Rainbow Wrap Recipe

Create a recipe for a healthy salad wrap. Try to include lots of fresh ingredients and make your wrap as colourful as you can. Maybe you could make your recipe at home or at school?

You might include

- beetroot, carrots, white cabbage, tomatoes, peppers etc
- A wrap or sliced bread
- A dressing, such as oil and vinegar.

Remember.....

- To list your ingredients and write your instructions clearly.