

## Home Learning Instructions

**Subject: Science year 8**

**Week: (12/10/2020)**

**Objectives:**

We are now starting our second topic of diet and health.

**Learning activities (in order to be completed):**

- Have a look at this video comparing the diet of 2 boys <https://www.youtube.com/watch?v=wZNJQSurfLY> **WARNING**, it does contain a story of a child who suffers from anorexia.
- Draw a table and split it into 2 one half eating too much and one half not eating enough. Make a list in each column of the health problems associated with eating too much of not enough.
- Have a read through <https://www.bbc.co.uk/bitesize/guides/zyjx6sg/revision/1> and produce a poster to show what the food groups are, how the body uses them and examples of foods in each group.
- Watch <https://www.youtube.com/watch?v=tZ-OR04YXeg> Create a healthy balanced menu for a full days' worth of meals. Make sure you have the right proportions of each food group needed.

**Resources:**

**Key vocabulary:**

Carbohydrate  
Deficiency  
Diet  
Fats  
Fibre  
Malnutrition  
Obese  
Protein

When work has been completed, please send to your teacher [atamorris@windsorpark.staffs.sch.uk](mailto:atamorris@windsorpark.staffs.sch.uk) using your school email account.