

Learn about the *healthy and unhealthy foods*. Can you present what you have found out as a poster?



Project Homework



What can you find out about the different food groups our bodies need? You could present your learning as a food plate to show the different foods we should eat.

Do you have a balanced diet? Keep a food diary of the foods you eat in one week. Which foods do you eat most/least of? What should you eat more of?

Could you name the different teeth in your mouth? Could you draw or make a model of them and explain their jobs?



What happens to the food we eat?

Find and write a true and false quiz for your class about keeping our teeth clean and healthy.



What qualifications do you need to become a dentist? You could quiz your dentist when you go for your next



check-up.

What can you find out about your digestive system? What happens to different foods as they pass through our bodies? Which foods are difficult to digest? Why?