|  |  |  |
| --- | --- | --- |
| Make a list of chore you can do around the house each day. Can you design a schedule to show when you will do these chores and other activities each day? | Using the Eat Well Plate, Make a balanced meal plan for you and your family for a whole day. Can you create a shopping list with what you need for these meals? | Create an exercise routine to do with somebody in your family. The routine should be approx. 10 minutes long. |
| Investigate how you are disposing of waste in your home. Can you help to help make changes to encourage the use of the 3 R’s – Reduce, Reuse and Recycle. Maybe you can make a poster for your family as a reminder? | Health and WellbeingActivity GridPrimary 5*Second Level* | Make a list of 5 different foods which can be found in each of the five nutrient groups. |
| Try 3 new foods you’ve never tasted. Write a description | Design a poster about safe hand washing to display in your home’s toilet or bathroom. | Think of three different famous brands you know. Make a table like below with their Name, Logo and Slogan and why you think people want to buy from this brand.

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Logo | Slogan | Why do people buy from this brand? |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

 |