**W5 Flip Learning**

**Due: Tuesday 13th October 2020**

**In our science lessons we have been learning about:**

* **What is Nutrition?**
* **Types of food humans eat**
* **Food Groups: Fruits, Vegetables, Starches, Protein, Fats and sugars**
* **What do animals eat?**
* **What is a balanced diet?**

**Next week, for English we will be creating leaflets as to why it is important to eat healthy?**

**https://www.nhs.uk/live-well/eat-well/**

**Please look through this website and make notes in your homework book as to why it is important to eat well. We will be discussing these in our lesson.**