

Science Holiday Homework

Year 5 & 6 students will be researching about 'healthy bodies' as part of our science Unit. In the holiday, I would like you to research some interesting and fun facts and investigate different food groups and why a variety of foods is important for a healthy diet.

You can create.

- Posters
- Fact sheets

Please ensure that your work is neat, tidy, and fabulous. So, you can have fun and the class can also have fun learning about what you have researched.

Have a wonderful holiday, Insha Allah!

Ms Zainab & Ms Ahmed

**Always be
Healthy and Fit**



Quran Verse:

'Eat of the lawful things that We have provided you with...'

Hadith:

Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, would never complain about food. If he liked something, he would eat it. If he disliked it, he would leave it.

Hadith:

'Eat with your right hand.'