* In science, we have been thinking about how diet and exercise impact the human body.
* We had a look at how different nutrients can help different parts of the body. We found out that we need a balance of carbohydrates, protein, fibre, fats, vitamins, minerals and water in our diet.
* The Government recommends that children do an hour of physical exercise every day to help maintain a healthy lifestyle.
* Over the half term holiday, it would be helpful for our work in class, if you could keep a diary of your exercise and diet over the week. You may present your work how you wish but I have included a link to an example of a diary you could look at or use if you would like to.

 