HOME LEARNING

Year 7

Home Learning 3

Please try and stay as physically active as possible whilst at home. Included are some links to a variety of different workouts that can be completed whilst you are at home. Please try and do one of these at least twice a week.

https://www.youtube.com/watch?v=EI9YG1Huq88 - Workout 2: 15 Minute Beginners HIIT Workout | The Body Coach

https://www.youtube.com/watch?v=N0VbSpQMjkA - 6 Minute Abs | The Body Coach

Please submit this work to me at mwhite@bower-grove.kent.sch.uk – 2 GOLDEN TOCKENS for this first piece of work received then 1 GOLDEN TOCKEN for any work after that!!

Healthy Eating

Give reasons to why we need food.

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Why do we need energy and where do we get energy from?

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Food is made up of different things called nutrients. Nutrients have special jobs to do to keep us healthy. Sometimes several nutrients work together to do a job properly.

There are 5 types of nutrients:

- carbohydrates
- fats
- proteins
- vitamins

- minerals

These nutrients, along with fibre and water are essential to our bodies.

Design a poster on the computer or a piece of paper. For each key nutrient include foods that are a good source of each type of nutrient. Include pictures and information for each nutrient on your poster.

Worksheet

Draw a line to match up each nutrient with the description on the left which best describes its role.

These do most of the repair work to our body cells and they also help us grow. They are found in eggs, milk, meat, poultry, fish and cheese.	**Vitamins and Minerals**
These are found in all sorts of foods. They are only needed in small amounts but they are extremely important. They are found in fruit, vegetables, eggs and milk.	**Carbohydrates**
These give us most of our energy. They are found in bread and potatoes.	**Proteins**
This helps to keep our digestive system healthy and is found in vegetables, cereals, grains and fruits.	**Fats**
These give us energy and help keep us warm. They are found in butter and meat.	**Fibre**

Can you spell out your name and complete these exercises?

A 10 jumping jacks

B 5 push-ups

C 1 burpee

D 20 high knees

E 5 crunches

F 10 mountain climbers

G 5 squats

H 10 front Lunges

I 10 side Lunges

J 10 second wall sit

K 5 calf raises

L 5 second plank

M 3 squat jumps

N 10 second jump rope

O 10 russian twists

P 5 plie squats

Q 10 arm circles

R 10 skaters

S 10 second jog in place

T 10 butt kickers

U 5 inchworms

V 5 tricep dips

W 3 star jumps

X 5 bird dogs

Y 10 Leg raises

Z 5 squat jacks

If you have queries about this work, please contact me at mwhite@bower-grove.kent.sch.uk