Tuesday
AM

We are going to be planning our report of the eye.



Feb 5-18:58

Can you remember why we are finding out about eyes?

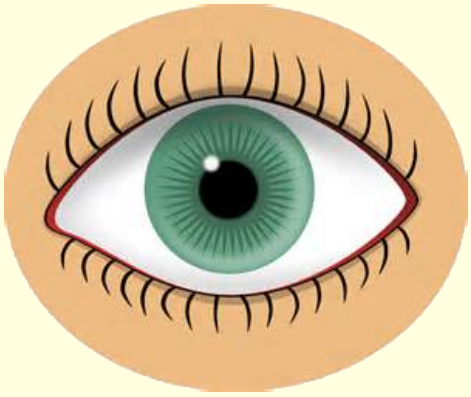




Feb 5-19:04

What do you know about eyes?





Feb 5-19:17

What do we know about information texts? Think about your penguin or inuit reports.





How Can We Stay Healthy?

There are lots of things we can do to stay healthy and to keep illnesses away. Changing what we eat and how much we exercise can help us to improve our health. Read on for lots of useful facts and tips to help you to be the healthiest you can be.

Food and Drink

All living things need food and drink to survive. The type of food we eat and the types of drinks we have are important.

Food Types

There are six groups of food. These are fruit and vegetables, starchy foods, meat, dairy, fats and sugary foods. Some of these foods are better for us than others.

Fruit and Vegetables and Starchy Food

Fruit, vegetables and starchy foods are very good for us because they contain vitamins and minerals. Vitamins and minerals help our bones, skin and muscles to stay strong and healthy. We should try to include these in every meal and to eat them as snacks. You could swap your chocolate snack for a crunchy apple or try a juicy pear.



Meat and Dairy

Meat and dairy food like cheese and milk are also good for us but we shouldn't eat these more than two or three times a day. Meat and dairy foods help us to have strong bones and muscles. A cold glass of milk with your breakfast or lunch is a good choice!

Feb 1-08:38

We are going to record our research under subheadings using bullet points.

Can we sort these facts into their subheadings?

How can we record a new fact?

How do we use bullet points?



The iris controls the amount of light that enters the eye. The iris is the coloured part of your eye.

The pupil is the hole in the coloured iris. It lets light into your eye. It gets very small in bright light, and bigger in dull light.

Other information	Pupil	Iris

Feb 5-20:11

Now it's your turn

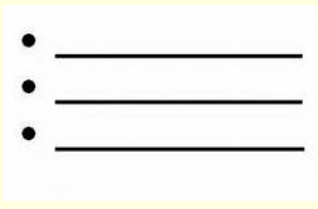
Use our research, information sheets and books to record your facts under the subheadings using bullet points.











Feb 5-20:15

Plenary



Are these facts under the right heading?

eyelid

- lets light into the eye

pupil

- shut out light so you can sleep

eyebrow / eyelashes

- coloured part that makes the pupil change size

iris

- helps to stop dust and sweat from getting in the eye

Feb 5-08:09