

Grade 2
Remote Learning
Take Home Pack
(ADJUSTED)

Term 3 Week 10

Name: _____

Grade: 2_____

Remote Learning

To begin Term 3, 2020, all students will be learning remotely. Grade 2 students are able to contact their teacher through ClassDojo or by email (listed below).

The work program for each week can be found on the school website, on ClassDojo and also in this take home pack.

It is recommended that each day consists of:

- 45-60 minutes of literacy activities (reading, spelling and writing)
- 30-45 minutes of numeracy activities
- 30-45 minutes Additional learning areas, play-based learning and physical activity

Contact Emails:

2JK	Miss Jess Kerlin	Jessica.Kerlin@hestalbanssth.catholic.edu.au
2JM	Miss Julie Murnane	Julie.Murnane@hestalbanssth.catholic.edu.au
2TT	Miss Thy Tran	Thy.Tran@hestalbanssth.catholic.edu.au
2VF	Ms Vivian Faraj	Vivian.Faraj@hestalbanssth.catholic.edu.au

Spelling Words for Week 10

	Group 1	Group 2	Group 3	Group 4
Wk 10	1. Cow 2. Now 3. How 4. Owl 5. Own 6. Gown 7. Howl 8. Crown 9. Frown 10. Brown	1. Tin 2. Until 3. Kin 4. Tinned 5. Win 6. Winning 7. Winner 8. Bin 9. Bigger 10. Bit	1. Bitten 2. Slip 3. Slipping 4. Slipped 5. Slipper 6. Swim 7. Swimming 8. Swimmer 9. Thin 10. Thinnest	1. Shipping 2. Shipped 3. Flip 4. Flipping 5. Flipped 6. Flipper 7. Dinner 8. Window 9. History 10. Division

*Remember if you are looking for more work to do,
you can use StudyLadder.*

Monday 14th September, 2020

Reading: Rhyme

Rhyme means words that sound the same or are similar in their endings. The words do not have to have the same letters, they just have to sound the same. Example: **See/Sea/Bee/Me**

Task 1: Sing with Jack Hartman - I love to rhyme: <https://www.youtube.com/watch?v=RVophT8naUM>

Task 2: Can you think of other words to add to my list? Write new rhyming words for each column.

See/Sea/Bee	Red/Bed/Read

Task 3: Circle or Highlight the words in each row that have the same sound as the word in the box.

feet meet seat heat head

take leak bake cake lake

cone bone tune tone zone

flute cute toot suit cut

pine tin mine line fine

Writing

Task 1: For each of the words, find 3 rhyming words. The first one is done for you.

cat 1 mat 2 sat 3 fat

dog 1 _____ 2 _____ 3 _____

pen 1 _____ 2 _____ 3 _____

man 1 _____ 2 _____ 3 _____

bed 1 _____ 2 _____ 3 _____

Task 2: Use at least ONE RHYMING word from your BRAINSTORM in Task 1, to write a rhyming sentence. Make sure your sentences make sense. The first one is done for you.

Challenge: Can you use the main word AND all three rhyming words in one sentence?

Cat: ____ The **fat** cat **sat** on a **mat**. _____

Dog: _____

Pen: _____

Early Finishers: Play some interactive rhyming games. Click on these links and practise rhyming.

1. <https://www.turtlediary.com/game/words-that-rhyme.html>
2. https://www.abcya.com/games/alphabats_rhyming
3. <https://www.turtlediary.com/game/rhyming-words.html>

Spelling

Write your spelling words **3 times** and send it to your teacher in the usual way.

Write the words in your best handwriting,	Write the words in <i>fancy</i> writing	Write the words using different colours - that is rainbow writing.
---	---	--

Maths

Warm Ups

Work out and count by 5s. <https://www.youtube.com/watch?v=amxVL9KUmq8>

Count together by 10s (counting workout) <https://www.youtube.com/watch?v=W8CEOIAOGas>

Number of the Day

CHOOSE YOUR OWN 2-digit NUMBER: _____

Write in words _____		
10 less _____	12 more _____	Odd or Even _____
Round to the nearest 10 _____	Expanded form: _____ + _____ (example 65 = 60 + 5)	
Count up by fives: 55, 60, 65, _____, _____, _____, _____		

Don't forget to keep practicing Addition (Number Bonds) to 30...

Answer these quick questions:

$25 + \underline{\quad} = 30$

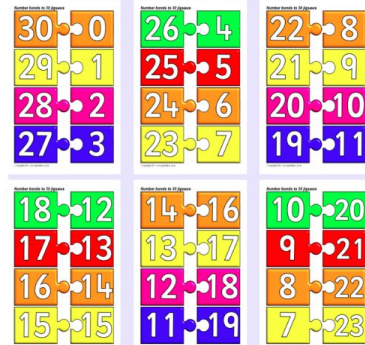
$27 + \underline{\quad} = 30$

$11 + \underline{\quad} = 30$

$17 + \underline{\quad} = 30$

$6 + \underline{\quad} = 30$

$7 + \underline{\quad} = 30$



Practise writing Money

Remember, the dollar sign \$ goes first. Then the numbers.

If you are not writing dollars, you write the money number first, then a c sign for cents.

	20 c		
	\$5 or \$5.00		



Which is worth more?

In each box, colour the circle under the coin that is worth more.

 <input data-bbox="683 1525 751 1644" type="radio"/>  <input data-bbox="683 1301 751 1420" type="radio"/>	 <input data-bbox="683 943 751 1061" type="radio"/>  <input data-bbox="683 741 751 860" type="radio"/>	 <input data-bbox="683 539 751 658" type="radio"/>  <input data-bbox="683 338 751 456" type="radio"/>	 <input data-bbox="683 203 751 322" type="radio"/>  <input data-bbox="683 338 751 456" type="radio"/>
 <input data-bbox="1273 1503 1342 1621" type="radio"/>  <input data-bbox="1273 1323 1342 1442" type="radio"/>	 <input data-bbox="1273 1122 1342 1240" type="radio"/>  <input data-bbox="1273 920 1342 1039" type="radio"/>	 <input data-bbox="1273 719 1342 837" type="radio"/>  <input data-bbox="1273 539 1342 658" type="radio"/>	 <input data-bbox="1273 338 1342 456" type="radio"/>  <input data-bbox="1273 159 1342 277" type="radio"/>



Religion

Sing: Follow the link and sing along with the “God Created you and Me” song
<https://www.youtube.com/watch?v=OFY8LPXBtM8>

Watch the creation story again: <https://www.youtube.com/watch?v=teu7BCZTgDs>

Last week you completed a Walk and Talk: ‘What do you love about God’s creation?’

Today I want you to make a list of people who are responsible to look after God’s creation and why.

An example has been done for you

What should we look after?	Who is responsible?	Why are they responsible?
The fish in the sea	Everyone	Because God told us to look after His creation.

Give me 3 suggestions how you can encourage others to show love and appreciation for God’s creation.

Tuesday 15th September, 2020

Physical Education

Students and Parents, please don't hesitate to contact me for any help or support on:
heribert.herrera@hestalbanssth.catholic.edu.au

STAY SAFE :) Mr. Herrera PE Teacher

P-2 Activities (MUST DO) Week 10 Term 3 (14th – 18th September 2020)

Session 1 Fitness Circuit Activities 2	Warm Up FIRST: WILF: <i>I am looking for students to warm up correctly.</i> WATCH THIS VIDEO https://www.youtube.com/watch?v=TUp2_VAHlrI&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=14 <i>The Body Coach TV:</i> WILF: <i>I am looking for students to work whole body strength.</i> Focus: <i>Frog jumps/hip twists/ tip-toe balancing</i> WATCH THIS VIDEO https://www.youtube.com/watch?v=gjdrzy000fs Key Questions: Parents 1: <i>Which exercise did you find easy to do?</i>
Session 2 Yoga	Warm Up FIRST: WATCH THIS VIDEO https://www.youtube.com/watch?v=TUp2_VAHlrI&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=14 <i>The Body Coach TV:</i> WILF: <i>I am looking for students to learn some basic YOGA poses.</i> WATCH THIS VIDEO: https://www.youtube.com/watch?v=5rymXdOwW68&list=PL8snGkhBF7njTT4a7uqDiUB1qPBI4ZOBL&index=2 <i>Cosmic Kids Yoga:</i> <i>Time 18:55</i> Key Questions: Parents 1: <i>Did you find yoga fun?</i>
Session 3 Gymnastic	Warm Up FIRST: WILF: <i>I am looking for students to learn some basic gymnastic shapes.</i> WATCH THIS VIDEO: https://www.youtube.com/watch?v=MThcwz9SLHE My Jump Gym: Key Questions: Parents 1: <i>Which gymnastic shape did you find hard to do?</i>

Optional Activities:

Option 1: Walk/Run/Bike Ride/ Kick a ball with an adult or sibling.

Option 2: 60 Second Physical Activity Challenges

60 Second Challenge

Socks in the Box

Do you keep trying even if you struggle to match up a pair of socks?

The Physical Challenge

How many socks can you pair up and put in the box in 60 seconds?

Place unpaired socks 5 steps away from a box. Players run, match up a pair of socks and place them in the box.

#StayHomeStayActive



Equipment

Socks and a Box!

If you do not have a box use a bowl.

Throw in unpaired socks as red hearings.

Achieve Gold

20 pairs of socks

Achieve Silver

15 pairs of socks

Achieve Bronze

10 pairs of socks

60 Second Challenge

Skipping

Do you keep trying even when you want to give up?

The Physical Challenge

How many times can you skip in 60 seconds?

Both feet must land over the rope for the skip to count.

#StayHomeStayActive



Equipment

Skipping rope

If you do not have a rope, do not worry, you can jump on the spot or use a dressing gown rope!

Achieve Gold

70 skips

Achieve Silver

50 skips

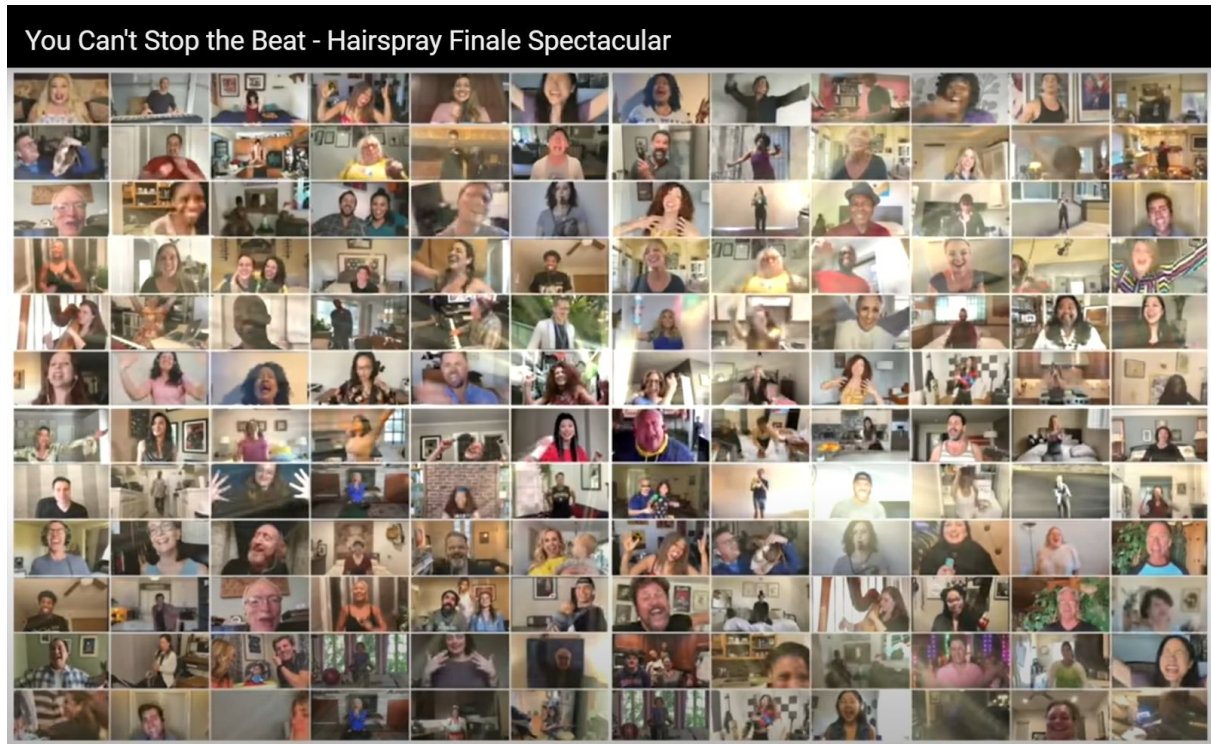
Achieve Bronze

30 skips

Have fun with these mini activities!

Music **SOUND!**

Damian.OBree@hestalbanssth.catholic.edu.au



<https://www.youtube.com/watch?v=GEgIJLIBFUI>

For our final week, I want you to watch this video and have a dance! Video yourself dancing and having fun to this song with your family or if you are learning at school, dance with the teachers!

Have a wonderful holiday!



www.hestalbanssth.catholic.edu.au

Visual Arts Term 3 week 10 Grades 1 and 2

Learning Intention: This week you will follow the video to draw either a girl's or a boy's body. This is only the outline and then you will colour and decorate yourself with hair, face, clothes and shoes. You can choose whether to draw a simple drawing or one in a running action.

*Grade 2's might want to bend the legs to show a running action.

*Give detail to your work. You will learn the elements of art like line colour and shape.

How to draw a girl's body

<https://www.youtube.com/watch?v=if2-ClpuHWQ>

How to draw a boy's body

<https://www.youtube.com/watch?v=Sa-AjllihI>

Grade 1

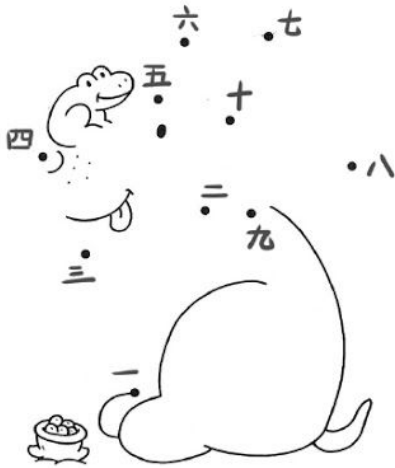


Grade 2

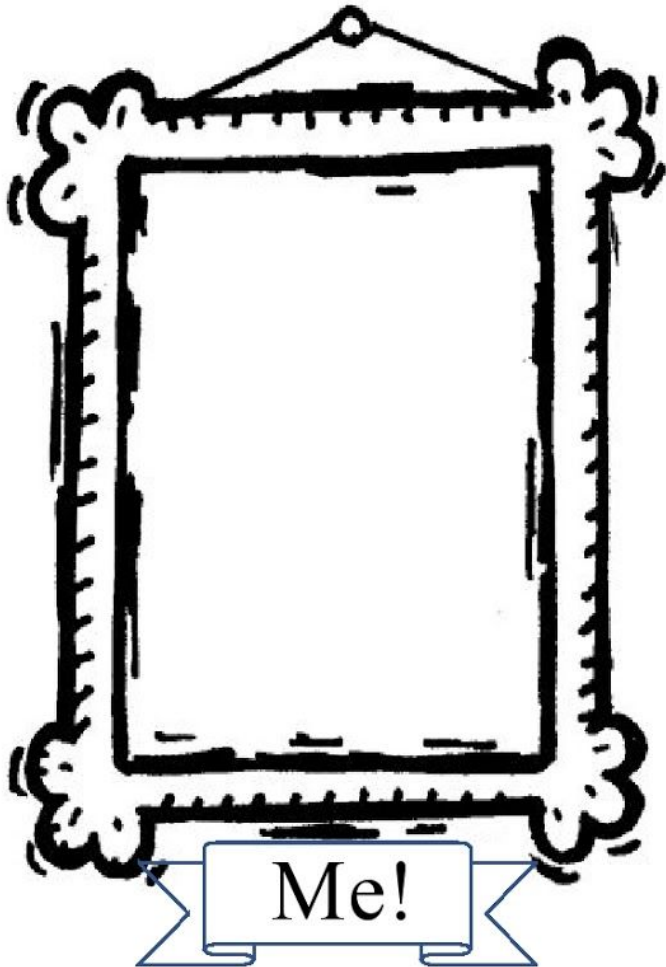
Chinese

Term 3 Week 10 Name: _____ Class: _____ Date: _____

Activity 1: Connect the dots in the correct order!



Activity 2: Draw a self-portrait and write a self-introduction!



Hello!

你 好 !

nǐ hǎo!

My name is _____.

我 叫 _____。

wǒ jiào _____.

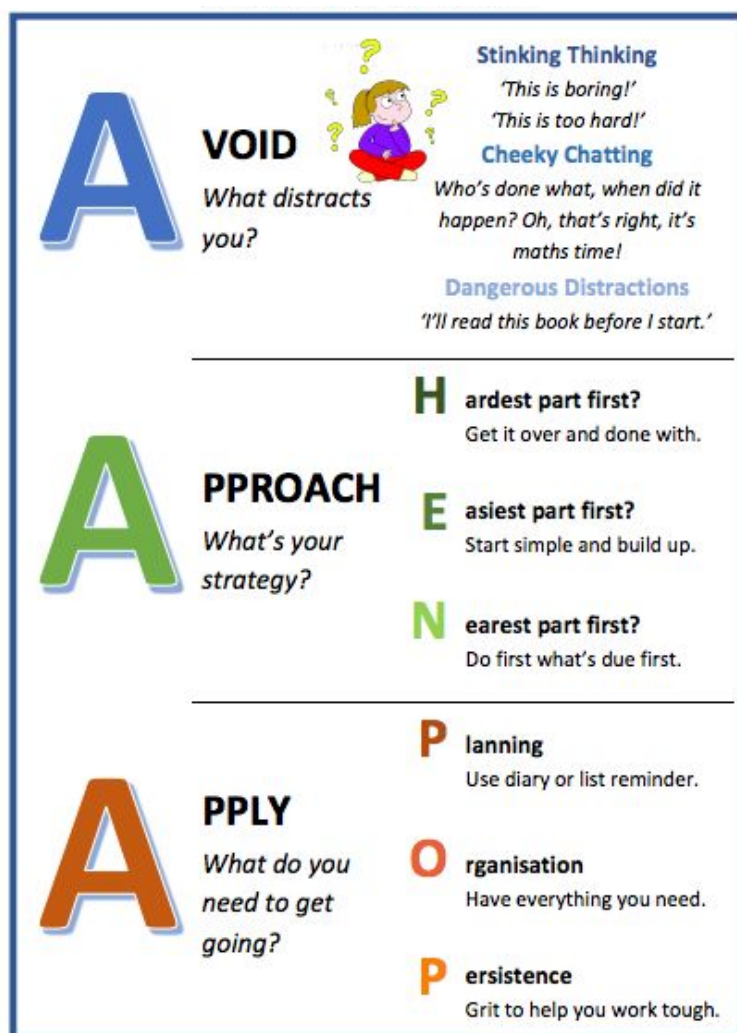
I'm _____ years old.

我 _____ 岁。

wǒ _____ **suì.**

Have fun and be safe! – Miss Sun

Highway Heroes



This term, we have been looking at the Triple A's of Getting Things Done.

The 3rd 'A' stands for Apply. It asks you, "What do you need to get going?"

The tool we use to help us Apply is called POP - Planning, Organisation and Persistence.

Planning and **Organisation** are what you do to make sure you have everything you need to Get Things Done.

You also need to have enough **Persistent Supa Thinking** to Get Things Done, so when learning is tough, boring or something you don't like, you can keep going to get the job done.

Watch this video to learn more about PERSISTENCE:

<https://www.youtube.com/watch?v=cAix2SNCZBU>

TASK: Your task today is to *create a poster* about persistence.

1. Write the word **PERSISTENCE** in the middle of your poster.
2. Write these Supa Thinking phrases around the poster.
 - a. 'I can do this.'
 - b. 'I'll keep working until it's done.'
 - c. 'It's not that bad.'
 - d. 'Making a mistake means I'm learning.'
 - e. 'I'll do the best that I can do.'

Wednesday 16th September, 2020

Reading: Rhyme

Rhyme means words that sound the same or are similar in their endings. The words do not have to have the same letters, they just have to sound the same. Example: **Two/Shoe/You/Who**

Task 1: Sing with Jack Hartman

Rocco the Rhyming Rhino: <https://www.youtube.com/watch?v=nAUdQZ8Xivw>

Exercise, Rhyme and Freeze: <https://www.youtube.com/watch?v=cSPmGPlyyU&t=102s>

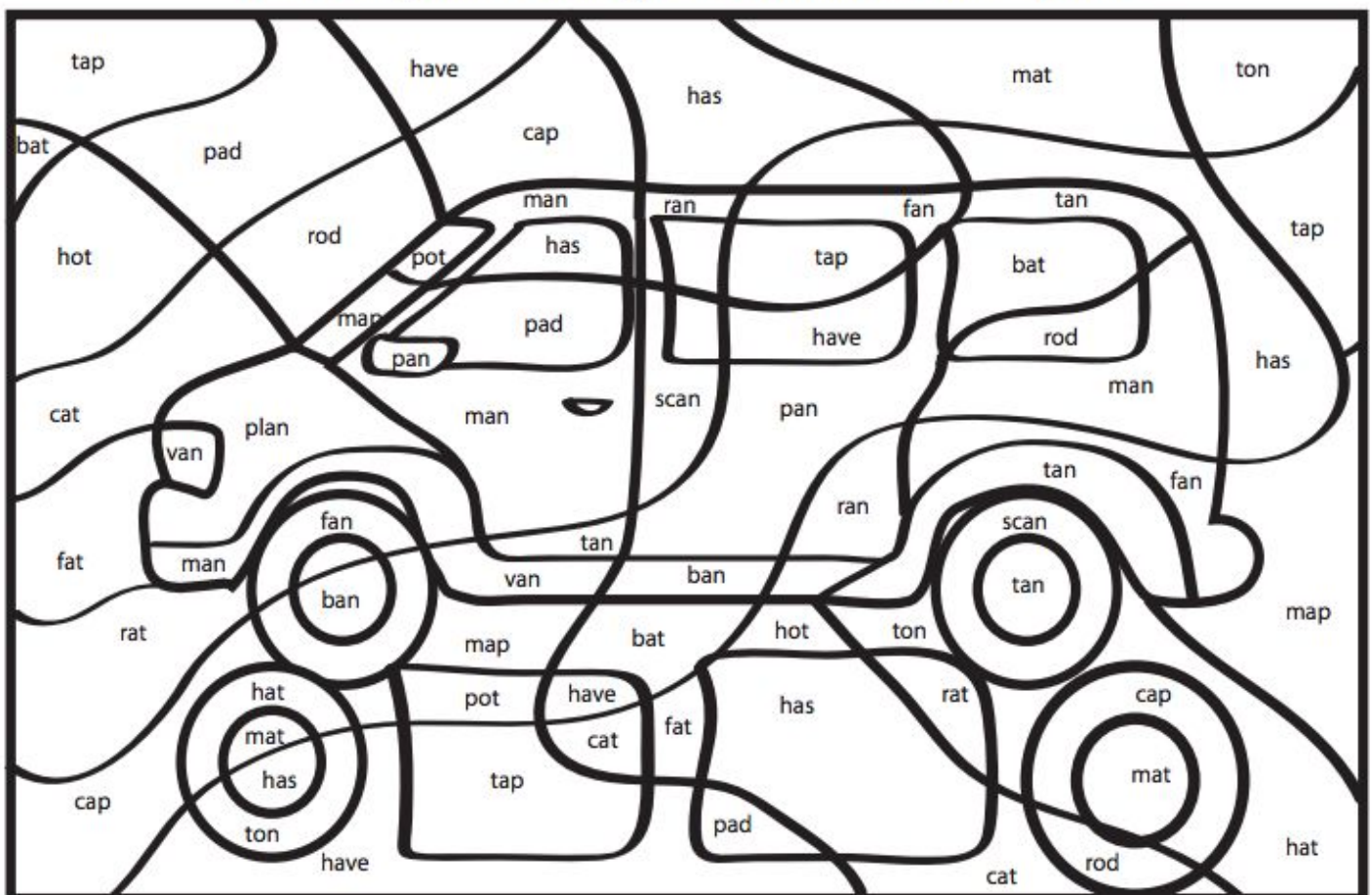
Task 2: Can you think of other words to add to my list? Write at least **3 rhyming words** for each.

CAT	TUB

Task 3: Colour the words in the picture that rhyme with CAN.

Color the Rhyming Sight Words

Color in orange each area that rhymes with the word **can**. What do you find?



Writing

Task 1: Finish each sentence with a word that rhymes with the **word in bold**. Use the Word Bank to help you. The first one is done for you.

Word bank			
house	hat	loose	jig

1. A **cat** is wearing a hat.
2. A **mouse** that lives in a _____.
3. A **moose** with a tooth that is _____.
4. A **pig** that is dancing a _____.

Task 2: Match the rhyming pairs by drawing a line.

sat	bin
win	mop
hot	rat
top	rip
sip	pot

Task 3: Choose ONE rhyming pair (two words that rhyme) from TASK 2 and put it in a sentence.

Example:

Sat/ Rat - _____ **The rat sat on the mat.** _____

Now you have a go:

Rhyming pair: _____ / _____

Sentence: _____

Early Finishers: Play some interactive rhyming games. Click on these links and practise rhyming.

4. <https://www.turtlediary.com/game/words-that-rhyme.html>
5. https://www.abcya.com/games/alphabats_rhyming
6. <https://www.turtlediary.com/game/rhyming-words.html>

Spelling

Word Pictures:

1. Pick five (5) of your spelling words.
2. Write the word AND draw a picture of your 5 words in the boxes below:

Word _____	Word _____	Word _____
Word _____	Word _____	How did you go? Tick each box: ☐ I checked each word had the correct spelling. ☐ I used colours in the pictures.

Maths

Warm Up

Here's a funny video about Australian money - https://www.youtube.com/watch?v=7_5_rX_1s-8

How Else Can I Make?

Find some 5c coins...



Draw 5c coins to make these amounts of money:

1. How else can I make 20c?



=

2. How else can I make 50c?



=

COUNTING 5 AND 10 CENT COINS SHEET 1



Count the 5 and 10 cent coins. Work out the amounts in cents.

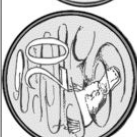
	= <u> </u> c
 	= <u> </u> c
  	= <u> </u> c
 	= <u> </u> c
  	= <u> </u> c
 	= <u> </u> c
  	= <u> </u> c
  	= <u> </u> c
 	= <u> </u> c



COUNTING 5, 10 AND 20 CENT COINS SHEET 2



Count the 5, 10 and 20 cent coins. Work out the amounts in cents.

  	= <u> </u> c
  	= <u> </u> c
   	= <u> </u> c
   	= <u> </u> c
   	= <u> </u> c
   	= <u> </u> c
   	= <u> </u> c



Religion

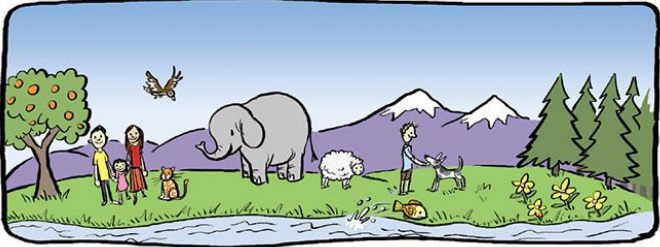
Sing: Follow the link and sing along with the “God Created you and Me” song
<https://www.youtube.com/watch?v=OFY8LPXBtM8>

Watch the creation story again: <https://www.youtube.com/watch?v=teu7BCZTgDs>

On Monday you completed the table with the list of people who are responsible to look after God’s creation and why. We also made a list of ways how we can encourage others to look after God’s creation.

Today, you will be encouraging others to love and show appreciation of God’s creation. Your task is to make a poster that promotes the beauty of God’s creation and why humans need to look after it. Your poster must be an A4 size or larger.

Here are some examples.

THE EARTH AND ALL THE PEOPLE, PLANTS AND ANIMALS ARE GIFTS FROM GOD.  GOD WANTS US TO TAKE CARE OF THESE GIFTS.	 <i>God loves us, so let's love His creation</i>
Don't be a litter bag. Help keep your community clean 	<i>We all have a job to look after our world.</i> 
<i>God loves you! Look at the beautiful world He created for you.</i> 	<i>Because all creatures are connected, each must be cherished with love and respect, for all of us as living creatures are dependent on one another.</i> ~ Pope Francis 

Thursday 17th September, 2020

Reading: Couplets

Couplets: a pair of lines in a verse that rhyme and have the same meter, or rhythm. Lines have the same number of syllables. We often find couplets in nursery rhymes. Remember it is the line ENDING that needs to Rhyme.

Example:

A little seed for me to **sow** (8 syllables)

A little soil to make it **grow** (8 syllables)

Let's read verses and see if they are Couplets or not.

Verse	What are the rhyming pairs?	How many syllables in each line?
This old man, he plays one		6
He plays knick knock on my thumb	One - thumb	7
With a knick knock paddy wack, give a dog a bone		11
This old man comes rolling home	Bone - home	7
Is this a couplet? (circle your answer)	YES	NO

Fill in the tables below and work out if the verse is a couplet or not.

Verse	What are the rhyming pairs?	How many syllables in each line?
Look at all the pumpkin faces Lighting up so many places.		
Is this a couplet? (circle your answer)	YES	NO

Finish off these lines to make YOUR OWN couplet:

The first one has been done for you

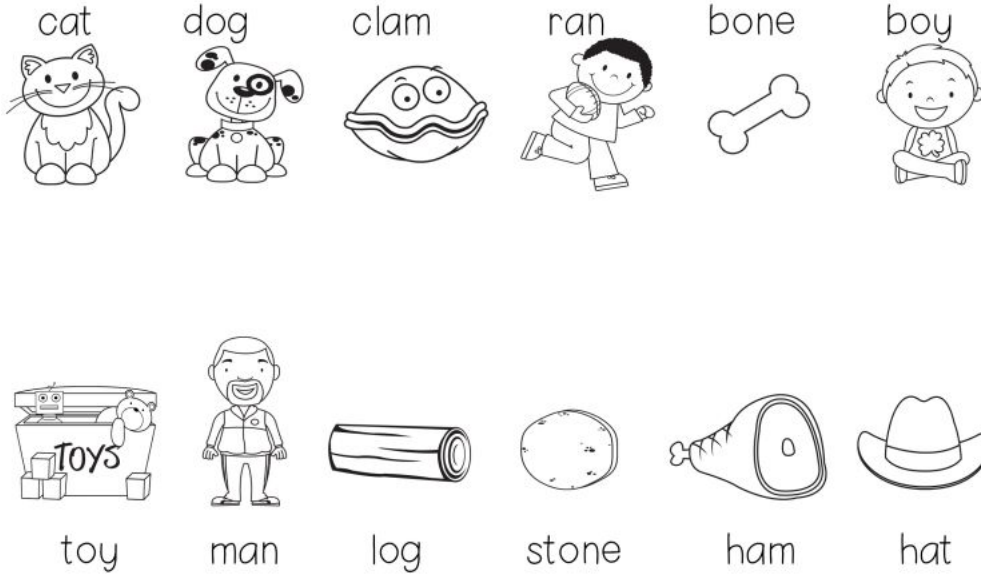
Roses are red, violets are blue (8 syllables) I am so much smarter than you! (8 syllables)
Roses are red, violets are blue (8 syllables) I can read, I hope you can _____ (8 syllables)
Twinkle twinkle little star (7 syllables) _____ (7 syllables)

Writing

Rhyming **couplets** are two poetry lines in a row that rhyme. They usually have the same rhythm.

REMEMBER: The last word of FIRST LINE needs to rhyme with the last word of the SECOND LINE.

Task 1: Match the rhyming pairs by drawing a line.



Task 2: Finish the couplet by writing in a rhyming word.

1. I once had a rat named **Sam**

Everyday I fed him _____.

2. My mother thinks I am her **star**

Except when I raid her cookie _____.

3. Sally has a bandaged **nose**

She didn't know that the door was _____.

4. I've had a dog, I've had a **cat**

I've got a snake instead my _____.

5. In the morning I like to _____

But only when there is no **fog**.

Early Finishers: Can you write your own couplet using one of the rhyming pairs in Task 1?

Words in a sentence:

- | | | | | | | |
|---|---|---|---|---|--|---|
|  |  |  |  |  |  |  |
|---|---|---|---|---|--|---|

1. **Oil**. In the kitchen, Mum poured the **oil** into the frying pan to cook some yummy chicken last night.

[illegible]

Watch this video - <https://www.youtube.com/watch?v=APg9-XhbrYo>

LET'S DO SOME COIN RUBBINGS!

GRAB SOME COINS AND TAKE A CLOSER LOOK AT THEM.

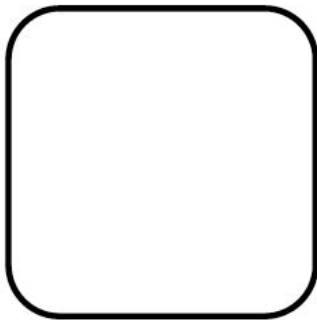


Coins have two sides. The front of the coin is called the **obverse** and is also known as the HEAD. The back side of the coin is called the **reverse** and is also called the TAIL.

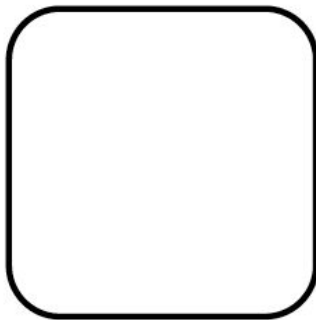
HOW DO YOU MAKE COIN RUBBINGS?

PUT YOUR COIN UNDER YOUR PAPER. COLOUR OVER THE COIN VERY LIGHTLY.
DO A RUBBING OF THE FRONT OF THE COIN AND A RUBBING OF THE BACK.

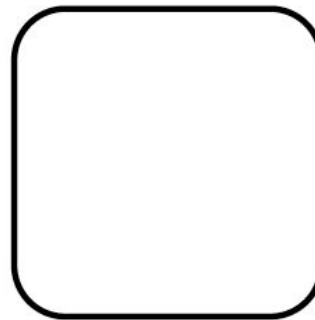
WHAT ANIMALS ARE SHOWN ON THE AUSTRALIAN COINS?



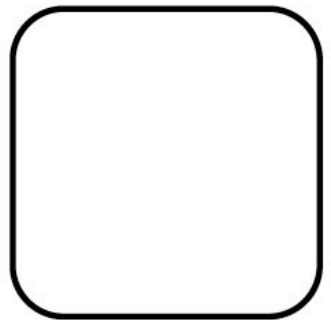
5c Head



5c Tail



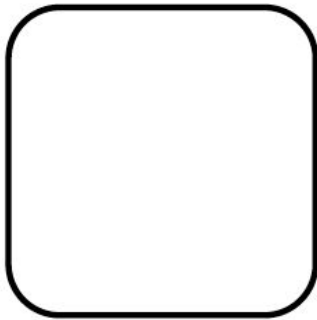
10c Head



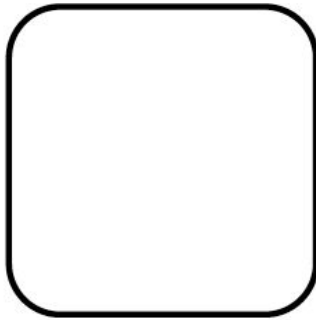
10c Tail

What animal is shown on 5c ? _____

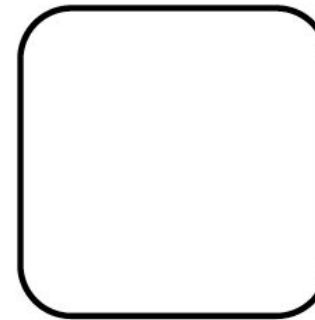
What animal is shown on 10c ? _____



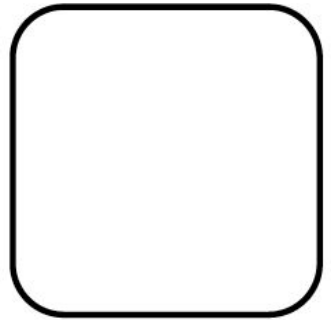
20c Head



20c Tail



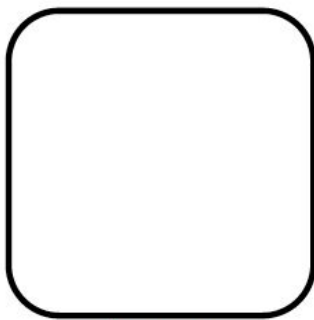
50c Head



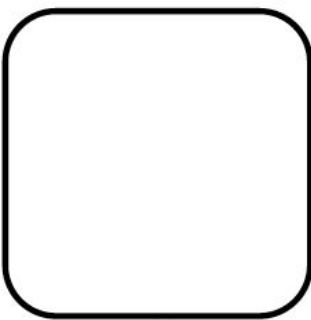
50c Tail

What animal is shown on 20c ? _____

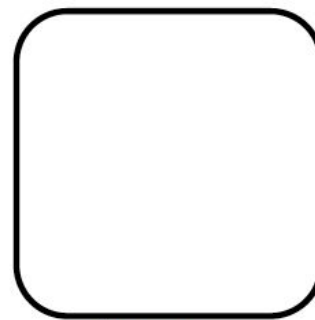
Which animals are shown on 50c ? _____



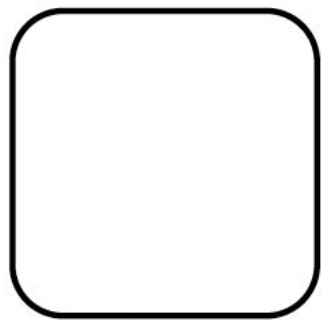
\$1 Head



\$1 Tail



\$2 Head



\$2 Tail

What animal is shown on \$1 ? _____

What is shown on \$2 ? _____

Inquiry

Last week, you completed a week long Food Journal. You will need that for today's activity.

The Australian Guide to Healthy Eating suggests that we enjoy a wide variety of nutritious foods from these five groups every day:

- Vegetables
- Fruit
- Grain foods: bread, cereal, rice, pasta, noodles
- Meats and eggs
- Dairy: Milk, yoghurt and cheese

TASK: Using your completed food journal, write all the foods that you ate over the course of the week in the correct boxes. Make sure to separate the ingredients of a meal. If you had fried rice, then you can put rice under Grain Foods, and the vegetables that were included in the Vegetables section.

<u>Fruits</u>	<u>Vegetables</u>
<u>Dairy</u>	<u>Meats</u>
<u>Grain foods</u>	

Reading: Couplets

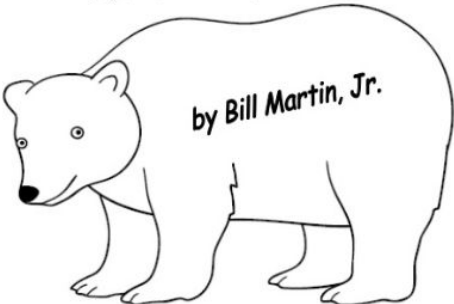
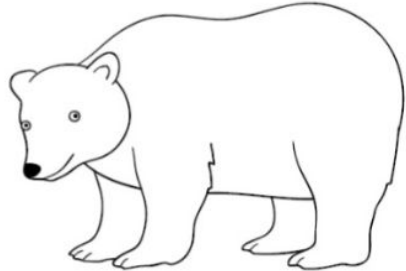
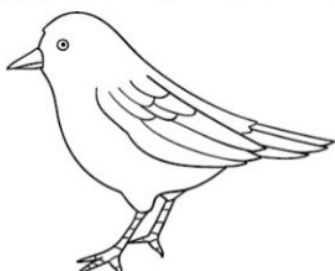
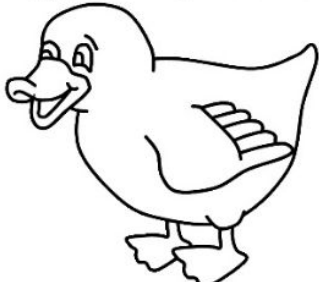
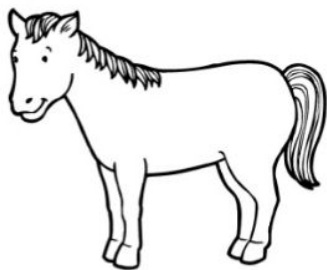
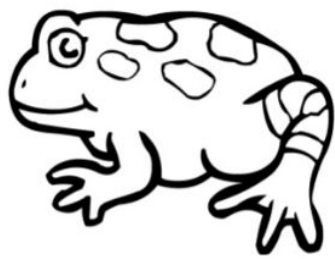
Couplets: a pair of lines in a verse that rhyme and have the same meter, or rhythm. Lines have the **same number of syllables**. We often find couplets in nursery rhymes. Remember it is the line **ENDING** that needs to Rhyme.

Example:

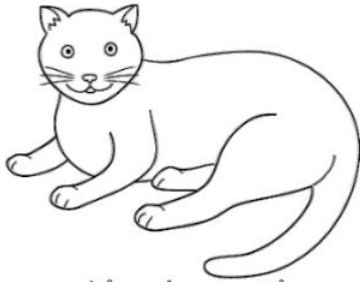
I can jump in a **house** (6 syllables)

I can jump with a **mouse** (6 syllables)

Read the book and then, colour the pages to match the sentences.

Brown Bear, Brown Bear, What do you see?  by Bill Martin, Jr.	Brown Bear, Brown Bear, What do you see?  I see a red bird looking at me! 1
Red bird, red bird, What do you see?  I see a yellow duck looking at me! 2	Yellow duck, yellow duck, What do you see?  I see a blue horse looking at me! 3
Blue horse, blue horse, What do you see?  I see a green frog looking at me! 4	Green frog, green frog, What do you see?  I see a purple cat looking at me! 5

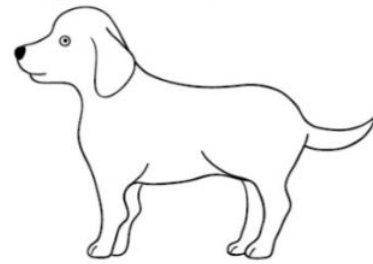
Purple cat, purple cat,
What do you see?



I see a white dog looking at me!

6

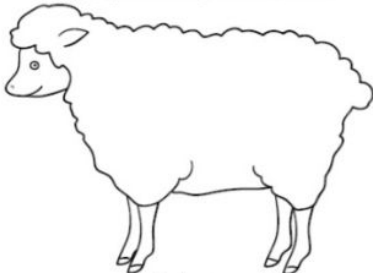
White dog, white dog,
What do you see?



I see a black sheep looking at me!

7

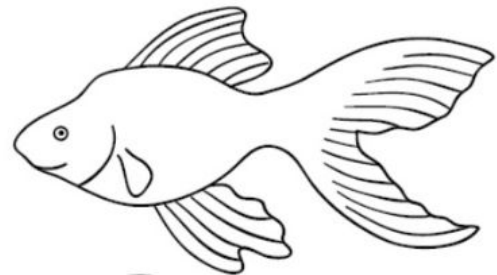
Black sheep, black sheep,
What do you see?



I see a goldfish looking at me!

8

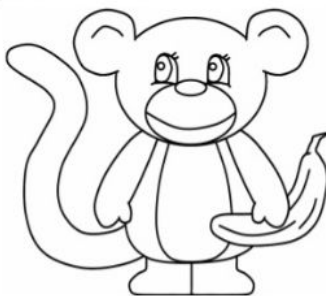
Goldfish, goldfish,
What do you see?



I see a monkey looking at me!

9

Monkey, monkey,
What do you see?



I see children looking at me!

10

Children, children,
What do you see?



We see...

11

You can now watch the story/poem
<https://www.youtube.com/watch?v=uGfUjJtg2XE>

Writing

Rhyming **couplets** are two poetry lines in a row that rhyme. They usually have the same rhythm.

REMEMBER: The last word of FIRST LINE needs to rhyme with the last word of the SECOND LINE.

Task 1: Match the rhyming pairs by drawing a line.

 car	○	○	 house
 cat	○	○	 box
 frog	○	○	 bat
 mouse	○	○	 star
 fox	○	○	 dog

Task 2: Finish the couplet by writing in a rhyming word.

1. I saw a **fox**

It's in a _____.

2. From my purple **car**

I can see a _____.

3. My kitty cat is so soft and **sweet**,

Especially when she wants a _____.

4. Sally really likes to **run**,

Even in the hot, hot _____.

5. Nature puts on little **shows**.

Every time it rains or _____.

Early Finishers: Can you write your own couplet using one of the rhyming pairs in Task 1?

Spelling Test

Spelling Test: Ask someone to test you on this week's spelling words. Good luck!

Do your test here:

1	5	9
2	6	10
3	7	How did you go? Colour in the stars for each correct word: ☆☆☆☆☆☆☆☆
4	8	

Maths

Warm Ups

Work out and count by 5s. <https://www.youtube.com/watch?v=amxVL9KUmq8>

Count together by 10s (counting workout) <https://www.youtube.com/watch?v=W8CEOIAOGas>

Number of the Day

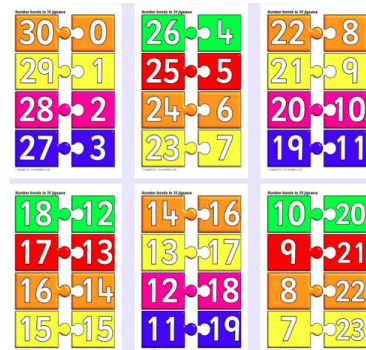
CHOOSE YOUR OWN 2-digit NUMBER: _____

Write in words _____		
10 less _____	12 more _____	Odd or Even _____
Round to the nearest 10 _____	Expanded form: _____ + _____ + _____ (example 65 = 60 + 5)	
Count up by fives: 15, 20, _____, 30, _____, _____, _____		

Don't forget to keep practicing Addition (Number Bonds) to 30...

Answer these quick questions:

$10 + \underline{\quad} = 30$	$18 + \underline{\quad} = 30$
$23 + \underline{\quad} = 30$	$28 + \underline{\quad} = 30$
$3 + \underline{\quad} = 30$	$8 + \underline{\quad} = 30$



Practise Writing Money

Remember, the dollar sign \$ goes first. Then the numbers.

If you are not writing dollars, you write the money number first, then a c sign for cents.

	5 c		
			

LET'S HAVE SOME FUN WITH COINS

What coins do you have at home?

You can use any coins at all - they don't have to be Australian coins today.

Here are some interesting videos to help you think of some ideas.

- <https://www.youtube.com/watch?v=XCjYTYSWxco>
- <https://www.youtube.com/watch?v=0GLdbpqqNBs>

Do some coin rubbings to make an interesting picture.



Inquiry

We have spent the last few weeks looking at the healthy food choices we could be making. Think about what kinds of foods should be included in your healthy meals.

Go to this website and have a go at creating a healthy lunch. What will you include?

<http://www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html>

TASK: Your task today is to create a **healthy school lunch**. You can draw and label the meal below OR make the meal at home and take a photo of your healthy lunch. Then write a list of all the foods that are included in your meal. *This work may be included in your Assessment Portfolio.*

My meal

The ingredients included in my meal