**Reception Summer 2 Project homework – Why can’t I have chocolate for breakfast?**

Our topic this half term is called ‘Why can’t I have chocolate for breakfast?’ We will be learning all about the importance of being healthy. We will look at different foods that we eat and discussing when we eat them. We will also being talking about other ways of being healthy such as exercise, brushing our teeth and having a good night’s sleep.

Please complete **THREE** of the homework choices below during Summer 2 and send them in as soon as they are complete. While restrictions are in place, the best way to submit your child’s homework is to **send a photo through ClassDojo.** Tasks can be completed in a variety of ways - be as creative as you like!

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| Create your own healthy fruit kebab. Can you talk about how different fruits look and taste? Can you write a list of all the things you put on your fruit kebab stick?  | Have breakfast from a different country. Can you write about what you had and how it is different to your usual breakfast? | Take part in an exercise of your choice. Then talk about how exercise helps us to keep healthy. Can you feel how the exercise has effected your body? |
| Some foods are good for our teeth and some are not. Draw pictures of food that are good for your teeth and label them. Repeat this for foods that are not good for your teeth. | **Why can’t I have chocolate for breakfast?** | Find out what happens to the chocolate when you use it to make chocolate crispy cakes. Take a photograph and write about the changes. |
| Some foods come in different wrappers that are made from different things. Some wrappers we can recycle. Can you do some recycling? Discuss why recycling is important.  | Make an exercise diary. Can you do a different form of exercise every day for a whole week? Write down each day what exercise you do and how long you do it for. At the end of the week, decide which your favourite type of exercise is. | Create your own favourite treat at home. Then write about what it looks, feels, smells and tastes like and why it is your favourite treat. |