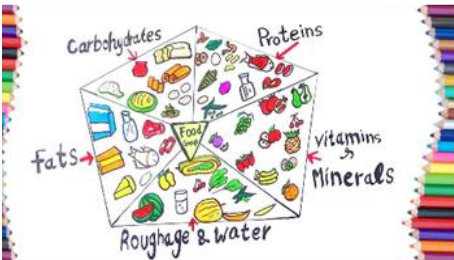


Science

Balanced diets



Different lifestyles



What is a healthy diet?

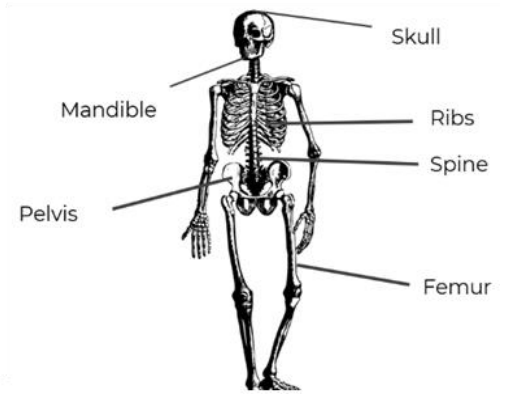
A healthy diet contains the **right amount** of each nutrient.

Every person needs **different amounts** depending on:

- Height
- Age
- Exercise
- Metabolism



The body



The main functions of the skeleton are:

- protect our organs
- allow our bodies to move
- support our body



Vocabulary

Word	Definition	Picture
metabolism	The chemical reactions in the body's cells that changes food into energy.	
equivalent	The same as or equal to something.	
product	The total (amount).	
sustainability	Being able to use something over a period of time.	
mandible	The lower jaw bone that forms the bottom of the skull.	

# Maths

## Multiplying and dividing 2-digit numbers

$23 \times 2 = \underline{\quad}$

**Step 1:**  
Multiply the ones by 2  
3 ones  $\times$  2 = 6 ones

	t	o
	2	3
x		2
		6

	t	o
	2	3
x		2
		6
	4	0

**Step 2:**  
Multiply the tens by 2  
2 tens  $\times$  2 = 4 tens

	t	o
	2	3
x		2
		6
	4	0
+	4	0
		6
	4	6

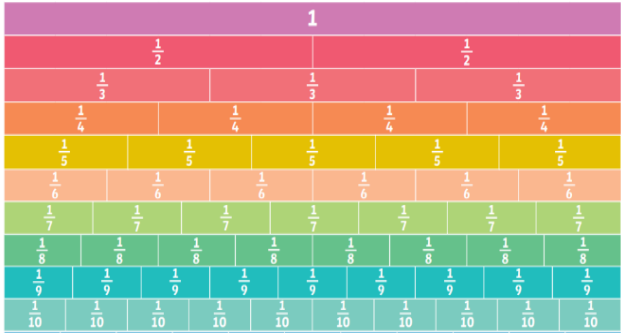
**Step 3:**  
Add the products  
6 + 40 = 46

# Fractions

## Key vocabulary

- equal parts
- whole
- numerator
- denominator
- equivalent

## Fractions Wall



# Geography

Edinburgh



Cardiff



London



# Learning Destination



We will write to David Attenborough to inform him of our contributions towards a safer planet for future generations.

