

Berridge Home Learning Challenge

Keep a food diary for a week and reflect on whether your food is nutritious.



A template for a food journal. It features a header with the title 'My Food Journal' and a space for 'Name' and 'Date'. Below the header is a grid with columns for the days of the week (Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday) and rows for the times of day (Breakfast, Lunch, Dinner, Snacks, Drinks). The grid is set against a light green background.

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Create your own warm up exercise to teach to the class.



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Learn the names of as many bones in the body as you can.

