



<p>Imagine that you are a Treehouse Tales character - Aled Apple /Matilda Tomato, and they want to know all about you, so you can be friends. Write/draw about yourself. What are your hobbies? What are your favourite healthy foods?</p>	<p>Design and make a healthy sandwich for your family.</p> <p>Make a list/picture of the ingredients that you have used.</p>	<p>Make up an exercise routine for us to use in class.</p> <p>You can include star jumps, hopping, running on the spot or any other ideas that you may have.</p>	<p>Design a poster to show your favourite fruit or vegetable.</p> <p>Make it bright and colourful so that people in the shop would definitely buy it!</p>
<p>Make up a 'Fit and Fun' song or dance?</p> <p>Perform it to an audience at home.</p>	<p>What do you buy when you go shopping with your family?</p> <p>Make a list of some of the healthy food and find out how much it costs.</p>	<p>Printing!</p> <p>Cut up some fruit or vegetables, (apples or a potato is easy), and make a printing picture using paint and paper. Can you make a pattern?</p>	<p>Be healthy!</p> <p>Go for a walk to the beach, park, or even around the block! What can you see? How do you feel? Draw a picture to show what you saw, felt or heard.</p>