

Morning Starters: Spring 1 - Food for Thought

Word Challenge

Look, Say, Cover, Write, Check

Use this strategy to learn the spelling of each underlined word.

Grammar Challenge

Click text to edit ✎

Rewrite the sentence below with a different relative clause.

The girl, **whose memory had been poor**, improved after she started eating healthy food regularly.

Help: Start your relative clause with 'whose' or 'who'.

Did You Know?

A healthy diet helps your brain stay strong, focused and happy. Foods like fruits, vegetables, nuts and fish give your brain the nutrients it needs to improve memory, concentration and mood. By reducing the amount of sugary or processed foods that you eat and choosing healthy options, you'll be able to think more clearly, learn faster and feel more positive every day.



Credit: BBC REEL

Number Challenge

The Pi Memory Challenge!

Look at the number below for a few moments:

3.141592653

Now, cover it and write down the digits from memory in the correct order. How many can you remember?

Critical Thinking

Draw a healthy food (like a carrot or banana) and turn it into a superhero.

