

Year 3 & 4 students will be researching about health and movements as part of our science Unit. In the holiday, I would like you to research some interesting and fun facts about healthy/unhealthy foods and how to group them.

## You can create

- Posters
- Fact sheets
- Food diary

Please ensure that your work is neat, tidy, and fabulous. So, you can have fun and the class can also have fun learning about what you have researched. Have a wonderful holiday, Insha Allah!

Ms Aisha and Ms Sultana

# Friday 22<sup>nd</sup> July 2022



#### **Quran Verse:**

'Eat of the lawful things that We have provided you with...'

### Hadith:

Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, would never complain about food. If he liked something, he would eat it. If he disliked it, he would leave it.

#### Hadith:

'Eat with your right hand.'