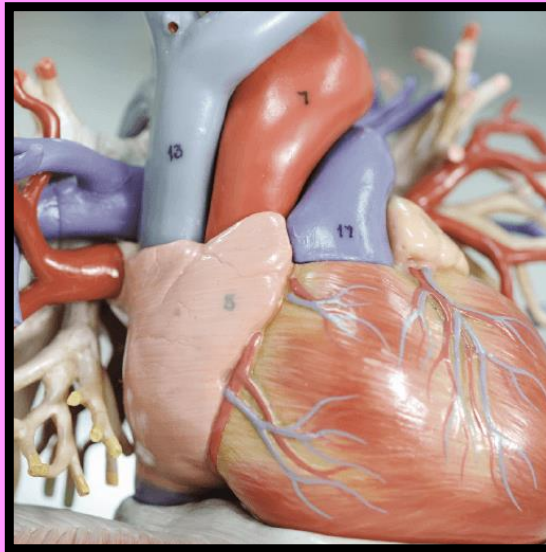
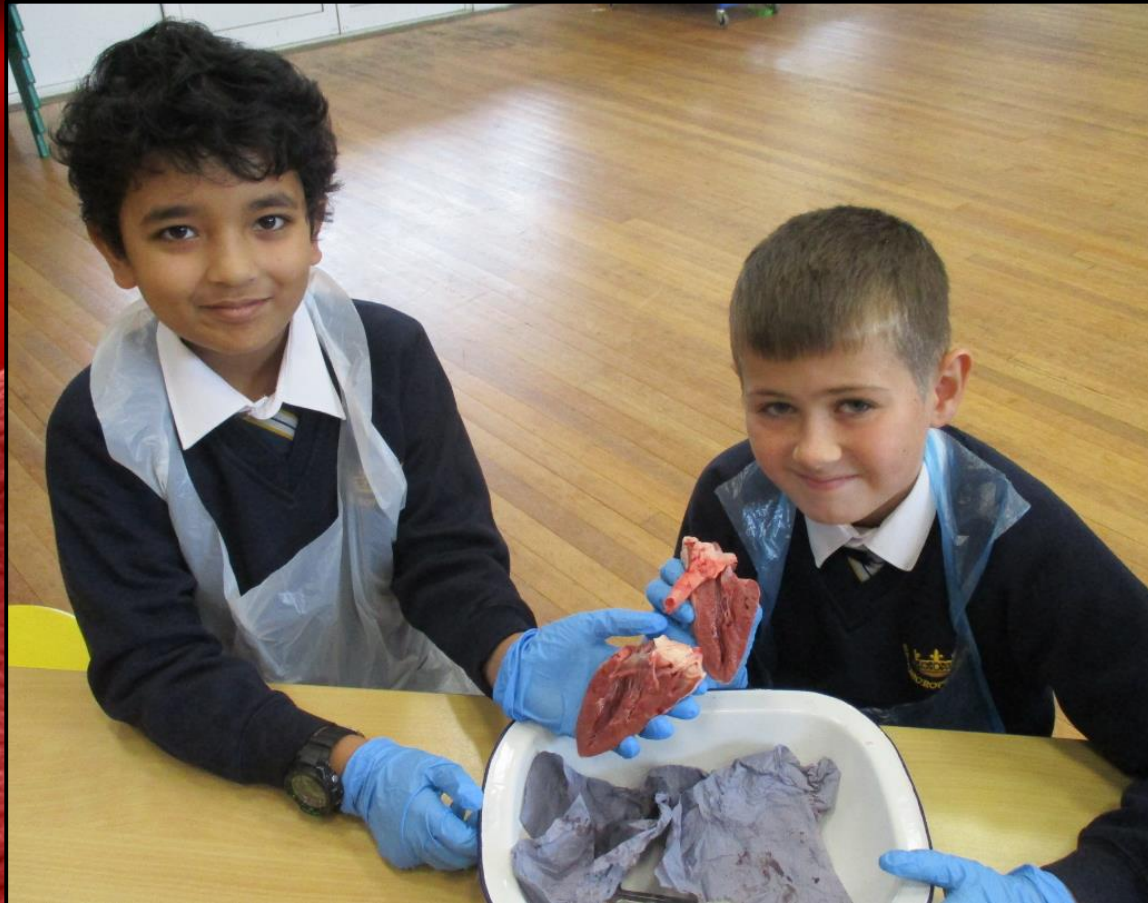


# Blood Heart



Y6 Cambridge and Y6 Oxford

In the first week of Year 6, we took part in a heart dissection workshop.









# What we thought about the workshop:

The workshop was amazing even though the hearts were slimy! I really enjoyed trying to pull apart the heart strings because I didn't realise how strong they were.  
Italia


The workshop was really fun. It was a bit gross but I loved it! My favourite part was touching the heart.  
Sabastian

I really enjoyed the workshop with Dr Metcalfe because I had never done anything like it before. My favourite part was being able to look inside a real heart!  
Kai

I found it a bit gross when we cut it open but it was really interesting. I learned a lot from Dr Metcalfe.  
Bella

# We completed an investigation to explore what happens to our hearts during exercise:

Tuesday 17<sup>th</sup> September 2024  
Heart rate experiment (S and L.S.C.)




Heart beats per minute recording sheet

Activity	Beats in 15 seconds (x 4)	Beat per minute
Resting	12	48
Sit up	18	72
Push up	22	88
Jogging	47	188
Jumping	25	100
Stretching	10	40
Relaxing	9	36 ✓

Rohan

Tuesday 17<sup>th</sup> September 2024  
Heart rate experiment (S)



Heart beats per minute recording sheet

Activity	Beats in 15 seconds (x 4)	Beat per minute
Resting	18	72
Sit up	28	112
Push up	28	112
Jogging	40	160
Jumping	42	168 ✓
Stretching	27	108
Relaxing	18	72

Luna

Austin



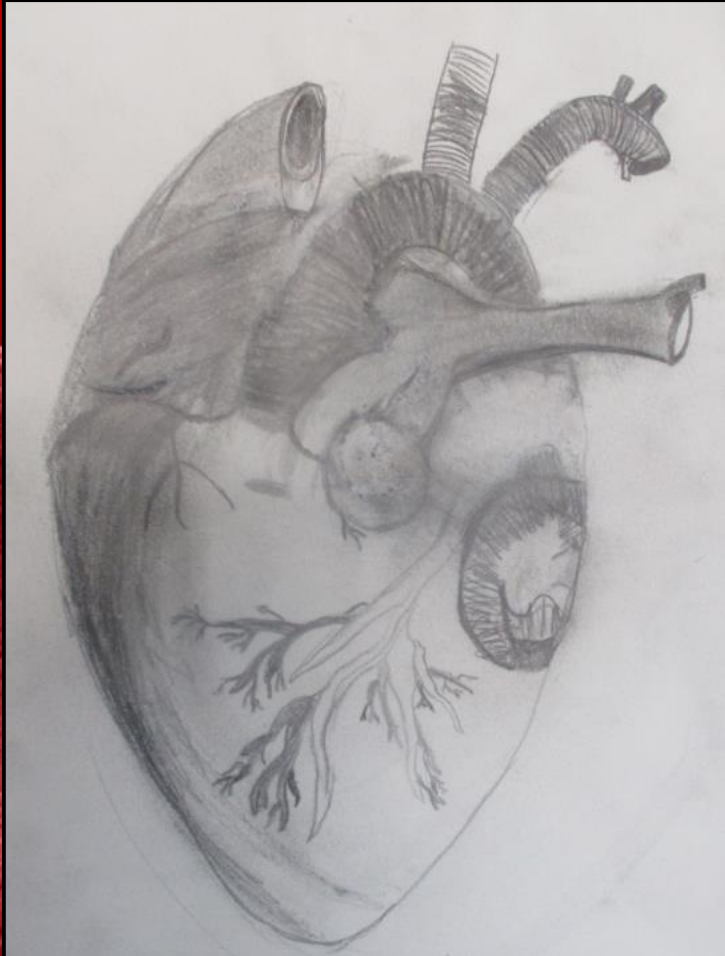
Thea



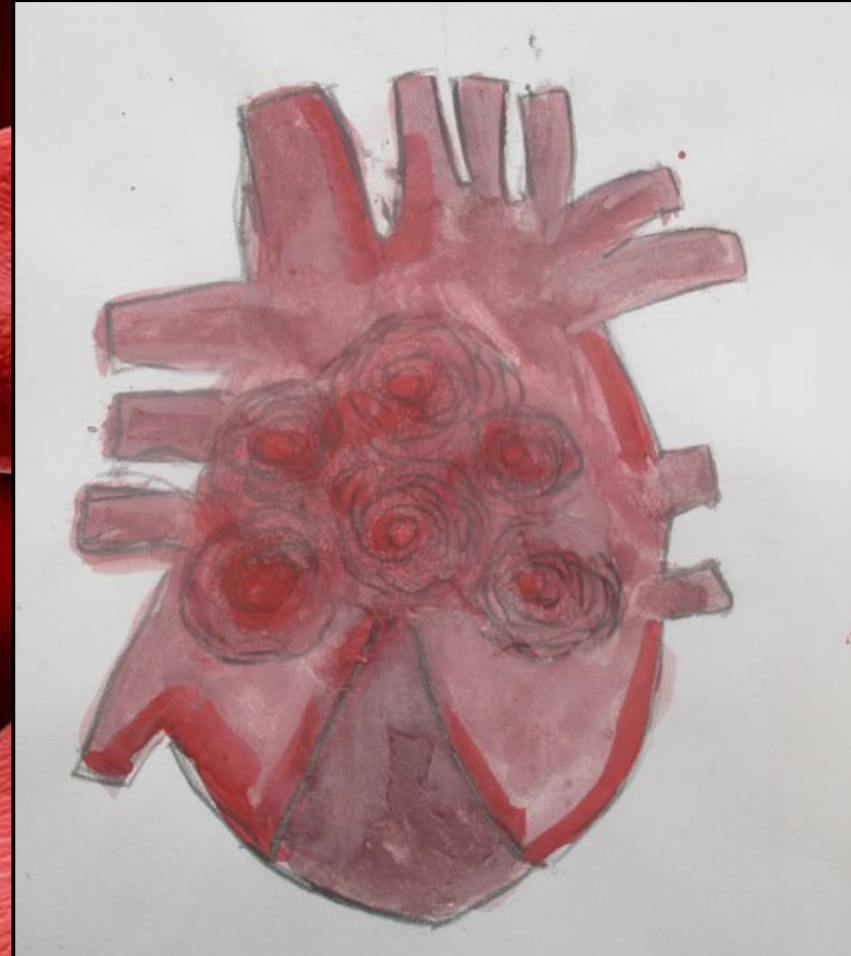
Theo



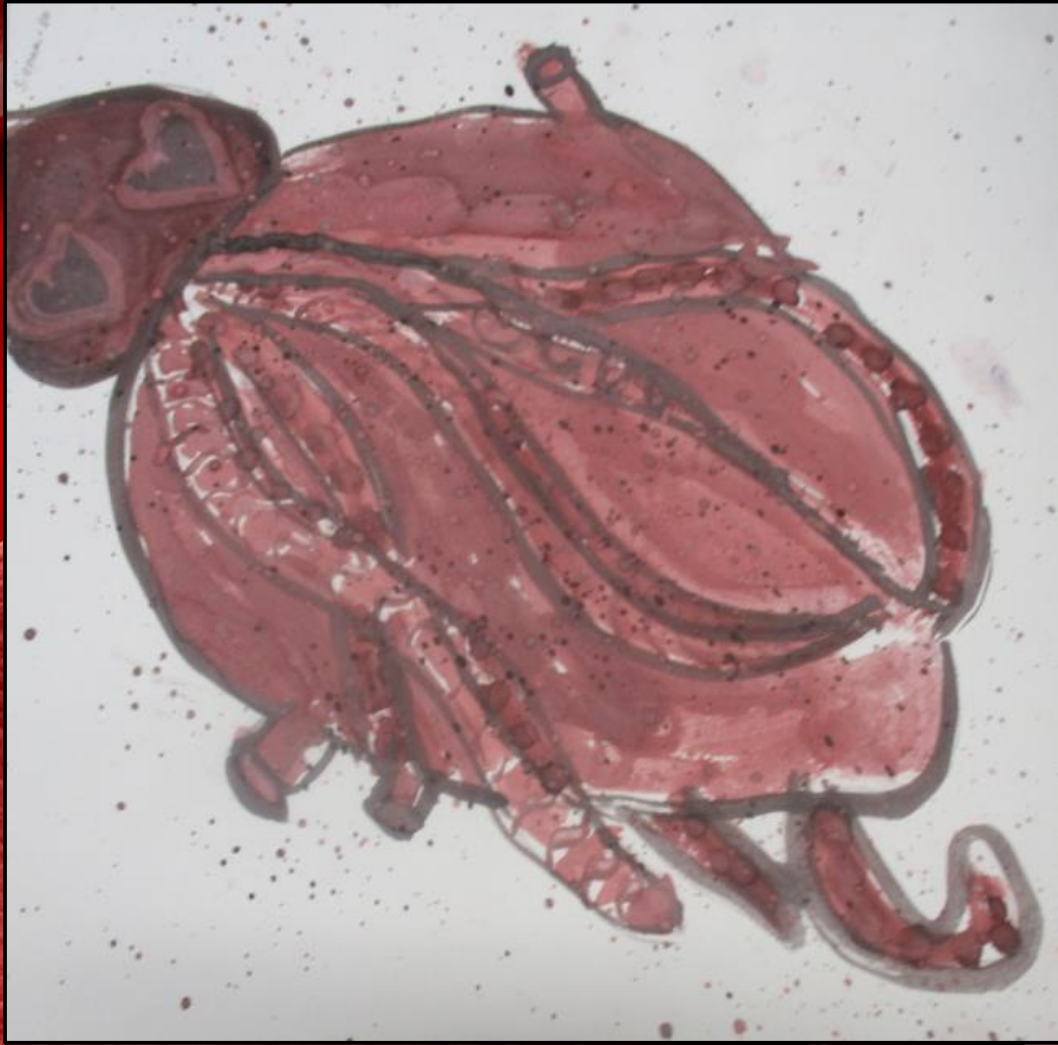
We created our own conceptual art pieces based upon the heart:



Henry M



Hussna



Sienna-Jo



Lareen

We also created clay models of the heart:



Taleen



Ellen



Hrishit



Julia



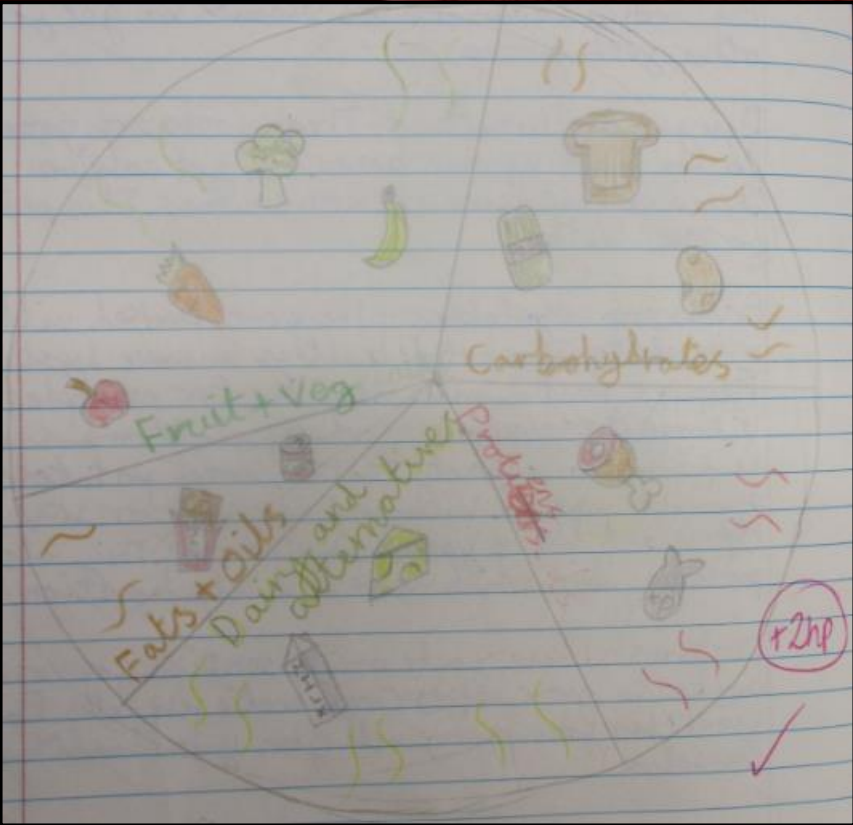
Edoardo



Teddy

# We learned about the different food groups, what makes up a balanced diet and how to lead a healthy lifestyle:

Alistair



To maintain a healthy lifestyle you need to have a balanced diet. You have to eat a lot of fruit and vegetables for minerals, carbohydrates for energy, fats and oils (in moderation) also for energy, protein for our bodies to grow, repair and have healthy muscles and dairy or alternatives for calcium and strong bones. ✓

Sleep is also very important to keep you healthy as it keeps you energized. On Maslow's triangle, it is the most important part. You need at least 8 hours of sleep everyday. ✓

Exercise is important to keep you healthy because it prevents obesity. It also helps keep you fit and healthy as well. ✓

Brushing your teeth is important to maintain a healthy lifestyle as if you did not, bacteria could spread inside your mouth causing diseases. Also, your teeth could fall out, making it harder to eat. ✓

Chloe

Tuesday 24<sup>th</sup> September 2021

Healthy Lifestyle (5)

Dairy and alternatives - These foods are great for the health of our bones. We get calcium from them and that gives us strong bones. It is also good for our teeth. ✓

Proteins - These foods are essential for our bodies to grow, repair and make new cells. Eating from this food group will give you healthy muscles. ✓

Fruits and vegetables - These are packed with vitamins to support a healthy immune system. They are packed with vitamins. For example, vitamin A can be found in spinach, carrots, sweet potatoes and red peppers. Vitamin C is great for skin repair and can be found in oranges. They also provide fiber which we need to help digestion. ✓

Fats and oils - These give us energy store and essential fatty acids, which allow our bodies to absorb the vitamins we get from other food groups. ✓

Thomas

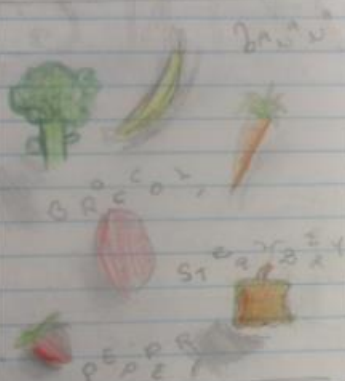
Tuesday 24<sup>th</sup> September 2024  
Healthy Lifestyle (S)

### Dairy and Alternatives



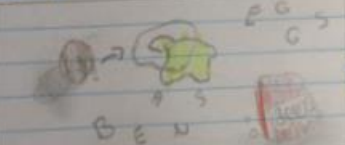
These goods are great for the health of our bones. We get calcium from them and that gives us strong bones. It is also good for our teeth. ✓

### Fruits and vegetables



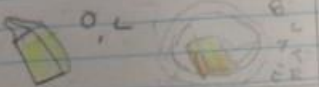
These are packed with minerals to support a healthy immune system. They are packed with vitamins. For example, vitamin A supports good eyesight and can be found in spinach, carrots, sweet potatoes and red peppers. Vitamin C is great for skin repair and can be found in oranges. They also provide fibre which we need to help digestion. ✓

### Proteins



These goods are essential for our bodies to grow, repair and make new cells. Eating from this food group will give you healthy muscles. ✓

### Fats and oils

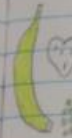


These give us an energy store and essential fatty acids which allow our bodies to absorb the vitamins we get from other food groups. ✓

Valentina

Tuesday 24<sup>th</sup> September 2024

### Healthy Lifestyle (S)



**Fruits and Veg/ Vegetables** - These are packed with minerals to support a healthy immune system. They are packed with vitamins. For example, vitamin A supports good eyesight and can be found in spinach, carrots, sweet potatoes and red peppers. Vitamin C is great for skin repair and can be found in oranges. They also provide fibre which we need to help digestion. ✓



**Carbohydrates** - These goods provide us with all the energy we need for everyday activity and internal bodily functions such as our nervous system, kidneys etc. ✓

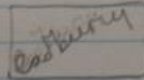


**Dairy and alternatives** - These goods are great for the health of our bones. We get calcium from them and that gives us strong bones. It is also good for our teeth. ✓



**Proteins** - These goods are essential for our bodies to grow, repair and make new cells. Eating from this food group will give you healthy muscles. ✓

**Fats and oils** - These give us an energy store and essential fatty acids, which allow our bodies to absorb the vitamins we get from other food groups. ✓



Ethan

Tuesday 24<sup>th</sup> September 2024  
Healthy Lifestyle (S)

### Dairy and alternatives



These foods are great for our the health of our bones. We get calcium from them that gives us strong bones. It is also good for our teeth. ✓ and ✓

### Proteins



These foods are essential for our bodies to grow, repair and make new cells. Eating from this food group will give you healthy healthy muscles. ✓

### Fruits and Vegetables



These are packed with minerals to support a healthy immune system. They are packed with vitamins. For example, vitamin A supports good eyesight and can be found in spinach, carrots, sweet potatoes and red peppers. Vitamin C is great for skin repair and can be found in oranges. They also provide fibre which we need to help digestion. ✓

### Fats and oils



These give us energy store and essential fatty acids which allow our bodies to absorb the vitamins we get from other food groups. ✓

### Proteins

### Carbohydrates



These food provide us with all the energy we need need for every day everyday activities and internal bodily functions, such as our nerve nervous system, kidneys etc. ✓

Cara

We then used our knowledge to design and make healthy snack bars - they were delicious!













# What we thought about our healthy snack bars:

I really enjoyed making the snack bars. They were very tasty!  
Jiya

I liked how you could decide on your recipe and I liked working as a group. The end result was really yummy and I'd definitely make them again.  
Miley

We were the only group to use rice pops. At first, it held together really well but when you picked it up, it crumbled. It also tasted really nice.  
Jake

Our snack bar was more delicious than store bought ones.  
Phoebe

We all really enjoyed this project.  
It was a great one to start Year 6  
with.

