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Task 1- Identify features of a report

Can you spot the features below?

- a title
- an introduction
- subheadings
- facts
- a did you know fact
- images
- caption

Pandas are the national animal of China. They are related to bears and have black eye patches.

There are two different types of panda. The giant panda is the most well known but the red panda also lives in the mountains in China. The red panda has a long tail and is the same size as a cat. The giant panda is much bigger and has black and white fur. Both the red and giant pandas have long, sharp claws that they use to climb trees and strip bamboo.



Pandas are very fussy eaters. Most pandas only eat bamboo, a type of grass. A giant panda will eat half their own weight in bamboo every day.



Pandas spend most of their time eating or sleeping. Young pandas like to play with each other and can be very naughty

Pandas are endangered and if they are not looked after could become extinct.

Task 2- Researching

What is a healthy life style?

Do some research about a healthy life style. You can use the videos and websites below to help. Take some notes to help you write your report.

<https://www.youtube.com/watch?v=JqM9bXNVV5U>

<https://www.youtube.com/watch?v=UxnEujlc0sw>

http://resources.hwb.wales.gov.uk/VTC/healthy_eating/eng/Introduction/default.htm

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>










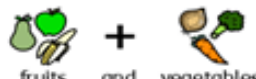


<https://www.youtube.com/watch?v=aOebfGGcjVw>

Remember when you're taking notes to listen carefully and write down the most important information. You can use bullet points. For example:

- brush your teeth twice a day
- keep yourself clean
- exercise regularly

Key Vocabulary

 eat healthy	 exercise	 drink water	 sleep early
 meditate	 relax	 get fresh air	 brush teeth
 wash	 keep clean	 be active	 be happy

 healthy	 lifestyle	 eating	 foods
 balanced diet	 energy	 vitamins	 water
 carbohydrates	 fruits + vegetables	 protein	 dairy

Template for your report

A Healthy Life Style

Introduction

Balanced Diet

Exercise

Hygiene

Other ways to stay healthy
