

# ANIMAL-BORNE DISEASES

This disease can be obtained if any contact with cats, foxes and with sheep cause infections in the expectant mother and your unborn baby.



# HEALTHY EATING

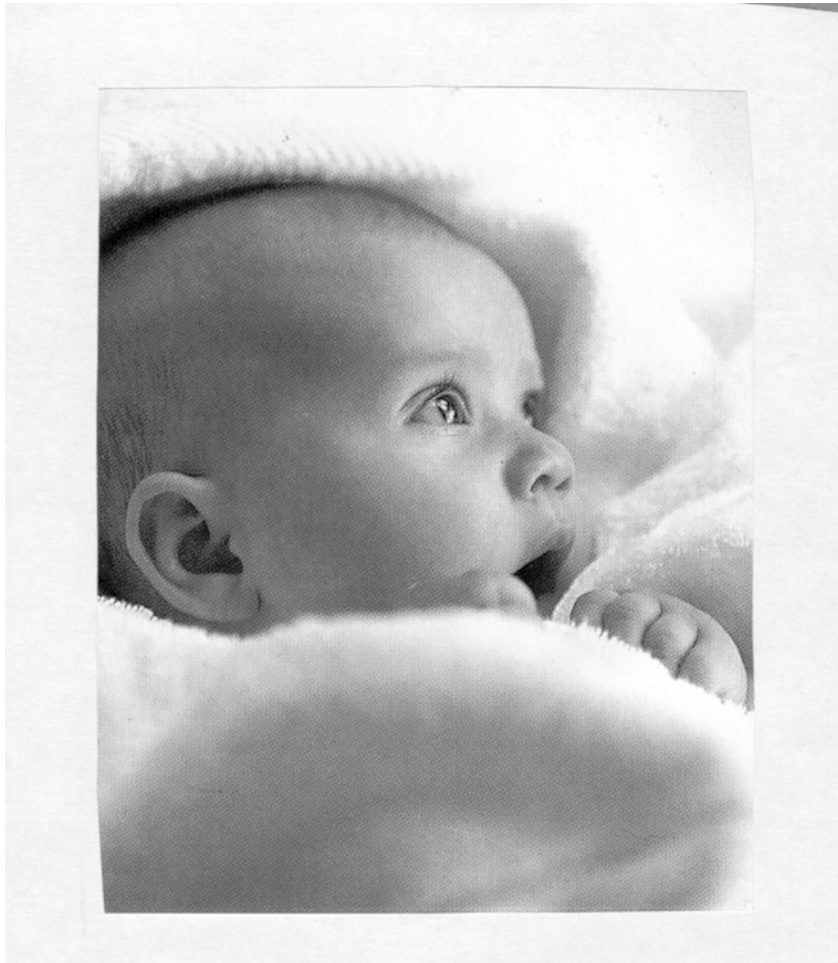
For a healthy balanced diet eat the following groups of food;



During pregnancy, your nutritional needs increase. Here is some advice on healthy eating to get more nutrition from your foods.

Nutrient	Function	FOODS
Protein	helps your baby's growth	meat, milk, cheese, nuts.
Fibre	It keeps the digestion system healthy and helps prevent constipation.	Cereals, Fruit, wholemeal bread, vegetables.
Iron	helps make red blood cells	red meat, green vegetables, dried fruit
Calcium	keep your bones strong and helps your baby's bone and teeth.	dairy products, baked beans, nuts.





Centre Number ..... Candidate Number ..... Candidate Name ..... date

Task Title *Design and make a book to encourage a young child to count.*

Assessment Area	Maximum mark	Achieved mark	Teacher Comment
Planning	4	2	<i>Competent plan. Identified resources</i>
Execution i) organisation and skills	8	7	<i>Carried out planned work to a high standard. Used resources effectively. Worked independently.</i>
ii) outcomes	4	3	<i>Good quality outcome.</i>
Evaluation	4	2	<i>Identified strengths &amp; weaknesses. Brief conclusions.</i>
Total	20	14	

## Plan

Design and make a book to encourage a young child to count.

My pages will be like this;

1	PICOWIE	1
1	ONE	1
2	2 PICOWIAS	2
2	TWO	2

I am going to include numbers 1 to 10, I will base my book on the character 'Winnie the pooh', and use that throughout the book.

I will fasten my book together wool/cotton through the middle of the book because this way it will be secure.

Materials I will use;

- 1 green piece of card
- 3 sheets of white A4 paper
- A Winnie the pooh book
- scissors
- glue
- felt tips

I am going to make my book colourful / bright, with bold

WRITING.



## Evaluation.

I think I have done quite well in making my book because I spent a lot of time on the illustrations.

If I was to make my book again, I would:

- \* used more colours and made them brighter.

- \* I would have made my book A4 size, so I could have used smaller pictures.

I made a change to my book, I fastened it together with 3 staples instead of wool / cotton through the middle, it is still secure but I think that the cotton would have been safer for the age group of my book.

I think that if I had planned my book with more detail I would have worked at a faster pace, as I was thinking of how to do things.



**Winnie  
the  
Pooh  
Counting  
Book.**

