

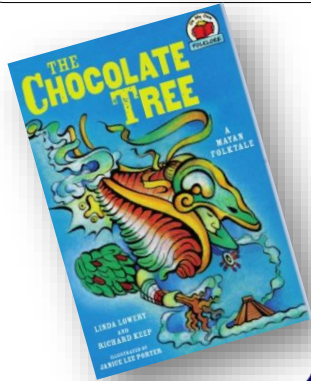
Dear Parents,

This half term our topic allows us to explore an area of the world in another continent. They will find out about what it is like to holiday in Mexico and the human and physical features of the Mayan cities and civilisation. Also, they will find out the mega structure Mega structure and how the civilisation both developed and declined. Best of all, after learning about nutrition they will design and make their own healthy tortilla wraps and compare the Mayan diet to our won.

Mrs Chapman

Our recommended read:

This half term 'The Chocolate Tree' by Linda Lowrey and Richard Keep will be available at the library or in school for you to borrow and share at home.



What special things happens to **Chichen Itza** at summer and winter **solstice**?

What is special about the **huipil** clothing?



Could you write a message using **glyphs**?

Why was **maize** such a vital part of the Mayan diet?

How can **cacao** seeds be used to make chocolate?

Spring 1

Things to remember:

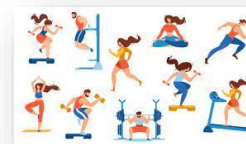
Monday– Spellings
Tuesday – PE with NUFC
Wednesday – Forest School and PE
*****Not swimming*****
Thursday – Reading books changed
Friday- Library
Fri 6th Feb NSPCC Numbers Day
Tues 10th Feb Safer Internet Day
Fri 13th Feb Computing open afternoon



Each serving (150g) contains

Energy 1045kJ 250kcal	Fat 3.0g LOW	Saturated 1.3g LOW	Sugar 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ / 167kcal



Food groups

As part of the eat well guide it is recommended that our meals should have balance between all different food groups with a larger focus on fruit, vegetables and carbohydrates

Food labels

These food labels can be very useful for giving you an idea to the nutritional value in each item. The traffic light visually shows you where there are benefits to your healthy diet.

Exercise

Your heart and other muscles are always very busy keeping you healthy and active. Exercise has many benefits to keep these muscles working their best as well as putting you in a good mood.

Useful words

cacao – seeds that the Maya used to make chocolate

Chichen Itza– a Mayan pyramid

codex– Book created by the Mayans

glyphs– symbols used in the Mayan writing system

Hero Twins– a major story in Maya mythology

Huipil– A traditional garment worn by Maya women

kukulcan – the serpent God of the Maya

maize– a plant like sweet corn that is grown in Central America

Solstice – the time when the sun reaches its maximum or minimum length

Tikal– one of the most powerful city states in Mayan times