

IMPROVE IT

I Can Do That!

Find some packaging that you think is boring or that you don't like. Think about what in particular you don't like. Have a go at designing new packaging that would appeal to you more. You might use different colours, change the logo or include something to make you smile! Try to explain how you've made it better and why your version is better.



FIND IT

Packaging Detective

Search through the cupboards at home (with permission) and see how many different types of packaging you can find. How many different shapes and materials can you find? Why do you think each example of packaging has been designed like that?



Which packaging is your favourite and why? Is it the brightest? The prettiest? The most interesting shape?

COMPARE IT

Packaging Time Warp

Pick a well known brand that's been around for a long time. Use the internet or ask some grown-ups to find out how the packaging for this product has changed over time. Why do you think the packaging has had to change? Why have certain things stayed the same?



TEST IT

Bone Breaker

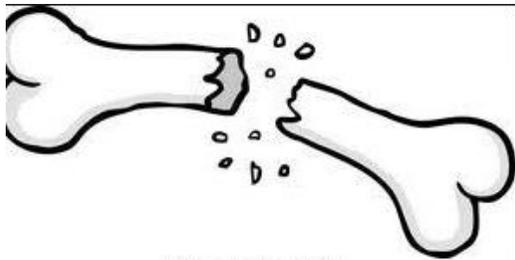
Your bones are built for strength, but sometimes they can break.

Use some bones from a cooked chicken (once washed and dried!) Are they easy to break?

Are there certain areas that break easier than others? Put them to the test with how much pressure they can stand!

Try soaking some bones in vinegar for a week. This will break down the calcium in the bones. Are the vinegar soaked bones easier or harder to break?

What does this tell you about how important calcium is?



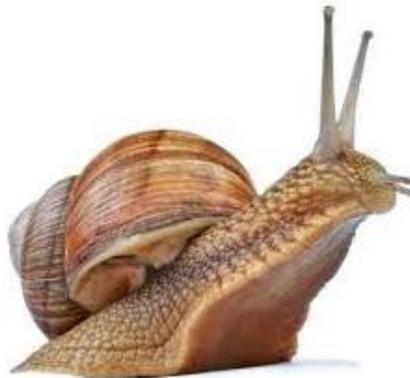
RESEARCH IT

Incredible Invertebrates

Although our spines are very useful for us, not all animals have them! These animals are known as **invertebrates**. A snail is an example of an invertebrate - they don't have a spine.

Find out some more examples of invertebrates and compare them.

Is there anything else these spineless creatures have in common?



MOVE IT

Muscle Work Out

You have over 600 different muscles in your body!

A lot of the time, you use these

muscles without even realising. When we use our muscles in exercise, they get stronger.

Can you think of an activity that exercises the muscles in your:

- legs?
- arms?
- tummy?
- face?
- neck?

Be creative! Exercise seems easier when you're enjoying it. Get your family joining in too!



EAT IT

Food for Health

Certain foods are great for your bones and muscles, improving their condition and helping to strengthen them.

Find out what kinds of foods are good for your bones and muscles **specifically** and design two meals - a bone boosting meal and a muscle mending meal. Bon appetit!

