

Objective	Milestone Indicators	Basic Activities	Advanced Activities	Deep Activities	Resources
<p>Milestone 3</p> <p>To understand animals and humans.</p>	<p>Milestone 3</p> <p>Recognise the importance of diet, exercise, drugs and lifestyle on the way the human body functions.</p>	<p>In pairs, children plan a week's meals for an average Anglo-Saxon family. They include a few treats like eggs, cheese or fish and a special meal when some meat from a hunt or from one of the farm animals is included.</p>	<p>Individually, children plan a week's meals for an average Anglo-Saxon family. They include a few treats like eggs, cheese or fish and a special meal when some meat from a hunt or from one of the farm animals is included.</p>	<p>Tackle the farming year simulation created by the Historical Association. This allows children to appreciate some of the problems that Anglo-Saxon farmers may have had.</p>	<p>Farming Year Simulation Chance Cards Claim Form Anglo-Saxon Names Anglo-Saxon Recipe</p>