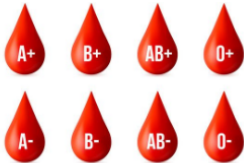


**Blood Types: ABO**

Everyone's blood is made of the same, basic parts but there are so many varieties in the different blood types that exist. In total, there are 8 blood types: A+, A-, B+, B-, AB+, AB-, O+ and O-. The blood type you have will depend on the genes that you inherit from your parents. The main components of your blood are red blood cells, white blood cells, platelets and plasma. But you will also have some more components based on your blood type.



**Why do you need to know your blood type?**

It is important you know your blood type because in case you need a blood transfusion. Blood transfusions are a revitalising treatment that is used all over the world. The treatment is for an abundance of purposes, from car accidents to chronic illnesses. An adult should approximately have 4.5 - 5.5 litres of blood in their body and an average 80 pound (36kg) child should have around half the amount of blood as an adult.



**Y6 learning linked to their project 'Blood Heart'**

**Sugar: Is it as sweet as it seems?**

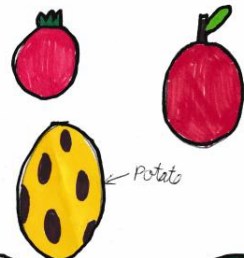
A newspaper report by Liam Reynecke

Eating drinks/food with sugar is ok, but not if you have too much sugar. It can cause a number of health issues, like diabetes, heart infections and weight increase. To balance it out, you can have at least a small amount of sugar while still including other foods. It is essential to keep a balance, it gives benefits of healthiness; living longer, good teeth, less chance of heart infection and less chance of heart attack. The more weight you have the less space your heart has.



**Healthy eating**

Potatoes were the first vegetables to grow in space



Peppers are usually sold green, but can be in red, purple or yellow.



Did you know that if kids have dairy products it makes their bones stronger.

You should have five or six servings of fruit & vegetables a day.

