

Year 3: Food Glorious Food

Science

What do we already know?

We are learning all about how to eat healthily, the different food groups and the nutrition that they give us.

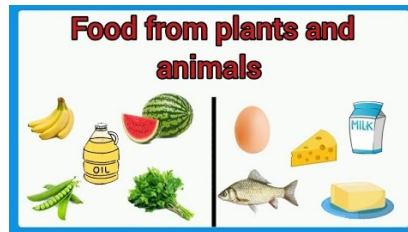
1) In Year 2 we learnt to:

find out about and describe the basic needs of animals, including humans, for survival (water, food and air)



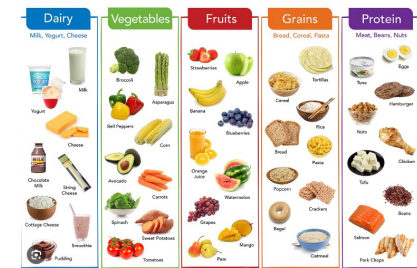
2) In Year 2 we learnt to:

describe how animals obtain their food from plants and other animals, using the idea of a simple food chain, and identify and name different sources of food



3) In our PSHE lessons we learnt that:

humans need to eat a range of foods to stay healthy



Key figures to inspire a healthy lifestyle

Caroline Hunt

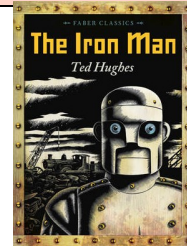


discovered the different food groups.

Joe Wicks is a body coach committed to improving children's fitness and knowledge of keeping healthy.



Key Texts



Video clip

STEP UP TO THE PLATE!

Key information

1) That there are 5 different food groups that provide the human body with everything we need to stay healthy. We need to eat a variety of all foods, making sure not to eat too many of the foods that are not as good for us.

2) The human body, along with some other animals, is structured with a skeleton that provides the support and strength we need. Muscles attach to our bones and allow us to move freely.