

By the end of this term, you will have learned...

- the differences between food groups
- about our body, including scientific names for main skeletons and organs, as well as the role of the skeleton
- how to keep safe and healthy
- how to write a non - chronological report
- to prepare and cook some healthy dishes
- how to use persuasive techniques when writing an advert
- to design and make a delicious healthy snack
- to learn where food comes from
- about the artist Guiseppe Arcimboldo and created our own pieces inspired by his work
- how to monitor and improve our fitness

**Wow Day**

Tasting lesson
Circuits
Art - Guiseppe
Arcimboldo

2 weeks:

Non - chronological report about the
different food groups

3 weeks:

Designing and making a healthy snack (D.T)
Writing an advert to persuade people to buy
the healthy snack

Year 3: Healthy Me/ National Curriculum Links

Science

- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.
- identify that humans and some other animals have skeletons and muscles for support, protection and movement.
- about the importance of nutrition and should be introduced to the main body parts associated with the skeleton and muscles, finding out how different parts of the body have special functions.
- working scientifically by identifying and grouping animals with and without skeletons and observing and comparing their movement; exploring ideas about what would happen if humans did not have skeletons.
- they might compare and contrast the diets of different animals (including their pets) and decide ways of grouping them according to what they eat.
- they might research different food groups and how they keep us healthy and design meals based on what they find out.

Geography

- describe and understand key aspects of human geography, including land use and economic activity / trade.
- begin to explore the distribution of natural resources including food and water supplies.

History

Not a focus this term

Design & Technology

- understand and apply the principles of a healthy and varied diet.
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.
- understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.

Art

- improve art and design techniques, with a range of materials.
- studying and responding to the work of a significant artist.

PSHE

- understand how exercise affects my body and know why my heart and lungs are such important organs
- communicate existing knowledge and attitude towards drugs
- identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping ourselves safe including who to go to for help
- understand that, like medicines, some household substances can be harmful if not used correctly
- understand how complex my body is and how important it is to take care of it.

Key texts

Muscles and Movement -- Izzi Howell

Healthy Bodies -- Izzi Howell

Understanding Our Skeleton -- Lucy Beevor

See Inside Your Body -- Katie Daynes & Colin King

Are You What You Eat? A Guide to What's on your Plate and Why! -- DK