



Our new project for the next few weeks is: Healthy Humans. We will be learning about the types and amounts of nutrition needed for different animals and where we get them from. We will also be looking at skeletons and muscles, and the support and protection they give.

This week's focus is: **Nutrition**

Project:

Before you start, you will need to activate some of your prior knowledge – this is information you have already been taught.

Can you remember what the following words mean?

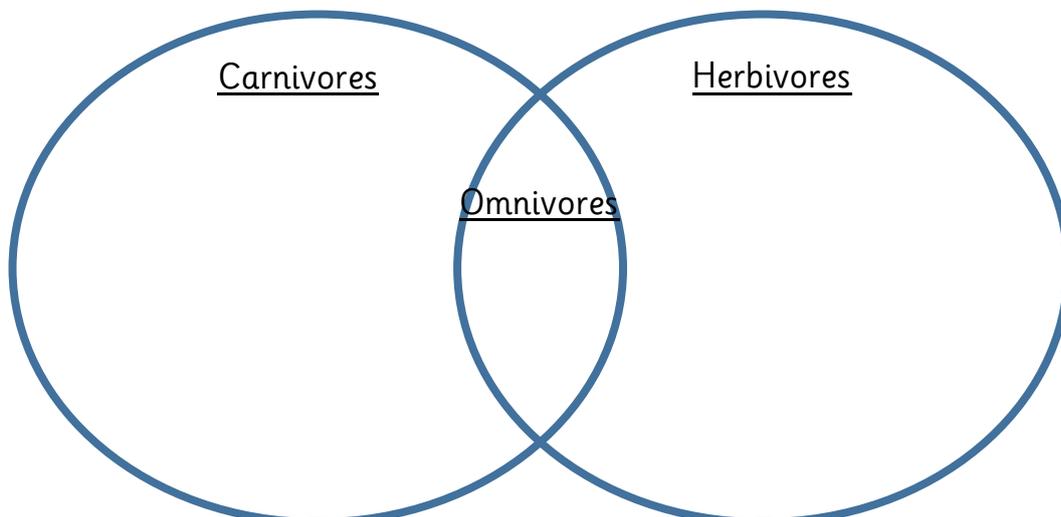
- Carnivore
- Herbivore
- Omnivore

If you can't you will need to research them to find out, if you think you know what they are then check you are correct.

Task: Watch the following video to find out what food different animals eat. Take the quiz further down the page to test what you know.

<https://www.bbc.co.uk/bitesize/topics/z6882hv/articles/z96vb9q>

Task: Draw a Venn diagram (shown below) and sort the animals into the correct group.



 Fish	 Plants, nuts and insects	 Grass	 Leaves	 Berries, nuts, insects	 Mice, rabbits, berries, frogs
 Leaves	 Flies	 Vegetables, meat, eggs, grains, milk, fish	 Plants, nuts, berries	 Mice, rats, rabbits, birds	 Snail Plants and fungi
 Fish	 Roots, twigs, grass, bushes, tree bark	 Nuts, seeds, worms, berries	 Antelope, zebra, wart hogs, young crocodiles	 Fish, squid, octopus	 Bamboo
 Worms, snails, slugs, insects, plants	 Grass and other plants	 Mice, rats, frogs, toads, nuts, seeds, berries	 Fish, insects, worms scavenged human food, berries, seeds	 Plants, fish, worms, insects, slugs	 Grass and other plants
 Grains, fruits, seeds	 Plants, shrubs, fruit, grains	 Leaves			
 Grass	 Decaying roots and leaves in soil	 Grains, fruits, worms, insects			

Task: As part of this project, you are going to become a Personal Trainer. Complete the Diet and Exercise Survey for both you **and** an adult in your household.

Client Diet and Exercise Survey

Name:

Age:

Occupation:

How much exercise do you take each week? (Please list each activity and how long you spend doing it, e.g. Walking 2x a day for 15 minutes or swimming 1x a week for 45 minutes)

Do you take sugar in tea and coffee? If yes, how many teaspoons in each?

	Breakfast	Lunch	Evening Meal	Snacks	Drinks
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Take a look at the attached PowerPoint called **Healthy Eating** to give you more information on what a healthy diet looks like and to help you with the activity below.

Once you've collected your information for the week – use the information below to take a look at how much sugar is in the foods you've been eating and make a bar graph to show how much sugar was consumed (eaten / drank) each day.

How many Teaspoons of Sugar are hidden in the foods we enjoy?

Drinks		Cereals (per serving)	
Small orange juice	3	Corn flakes	1
Small Apple Juice	4	Muesli	2
Small Glass of coke	4	Sweet cereal, e.g. Sugar Puffs	3
Small glass of lemonade	4		
Can of coke	9	Cakes and Snacks	
Can of lemonade	9	Typical chocolate bar	8
Med glass of fruit smoothie	9	Cereal bar	3
Tea and coffee (check the survey for number added)		Flapjack	4
Hot chocolate	6	Muffin	4
Milkshake	8	Cupcake	4
Squash	4	Medium slice of cake	5
		Doughnut	3
		Biscuit, e.g. Oreo	1
Puddings		Spreads per portion	
Ice cream	5	Jam	2
Yogurt	4	Marmalade	2
Fruit salad	5	Honey	3
Fruit tart	4		
Fruit crumble	5	Sweets	
Banoffee Pie	4	Small bag of sweets, e.g. skittles	12
Chocolate pudding	5	Tube of sweets, e.g. Starburst	8
Custard	3		

If you cannot find a food or drink on the list, estimate by finding something that is similar to it.



English:

Below there are links to the BBC Bitesize website. We have chosen a different activity for each day.

Monday – Identifying Nouns - <https://www.bbc.co.uk/bitesize/articles/zjrdwty>

Tuesday – Giving Opinion - <https://www.bbc.co.uk/bitesize/articles/zb2k8xs>

Wednesday – Using apostrophes to show possession -
<https://www.bbc.co.uk/bitesize/articles/zmq9kmn>

Thursday – Using inverted commas to show speech -
<https://www.bbc.co.uk/bitesize/articles/z7s6t39>

Friday – Fact and Opinion - <https://www.bbc.co.uk/bitesize/articles/zn4dqp3>

Maths:

Please visit White Rose Maths: <https://whiterosemaths.com/homelearning/year-3/>

We are now up-to-date! Please work on Summer Term – Week 6 – WB 01.06.2020

You will find the worksheets attached to the post on the school website.

PSHE:

It's important to remember why it's good to be us! Make an adjective cloud for you and other members of your family to celebrate what's good about you!



We hope we're finding you all well and refreshed after a beautiful sunny half term! With restrictions beginning to lighten, some of you may have been able to get out in the sunshine and see some of your friends for the first time in a long while – we hope you've had fun and stayed safe.

Our new project is all about keeping your body healthy – something which we have definitely found a bit more difficult during lockdown! We hope you enjoy taking on your new role as 'Personal Trainers' and hopefully pick up some top tips on how to live a healthy lifestyle whilst still getting to enjoy a bit of home baking.

Take care of yourselves our lovely Year Threes 😊

Mrs Dallison & Mr Chantry