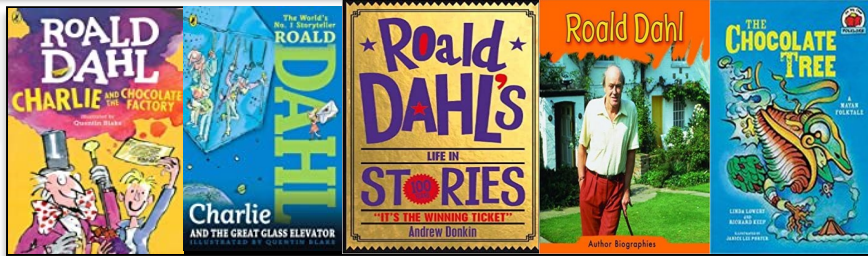


Scrumdiddlyumptious — Year 3 — Terms 5 and 6

Interesting Books



Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste

Subject Specific Vocabulary

nutrition	Nutrition involves drinking enough water and eating the right amount of items from the four main food groups.
nutrients	Substances that animals need to stay alive and healthy.
energy	Strength to be able to move and grow.
diet	Our bodies need a balanced diet to work properly. This involves drinking enough water and eating healthily.
healthy	In a good physical and mental condition.

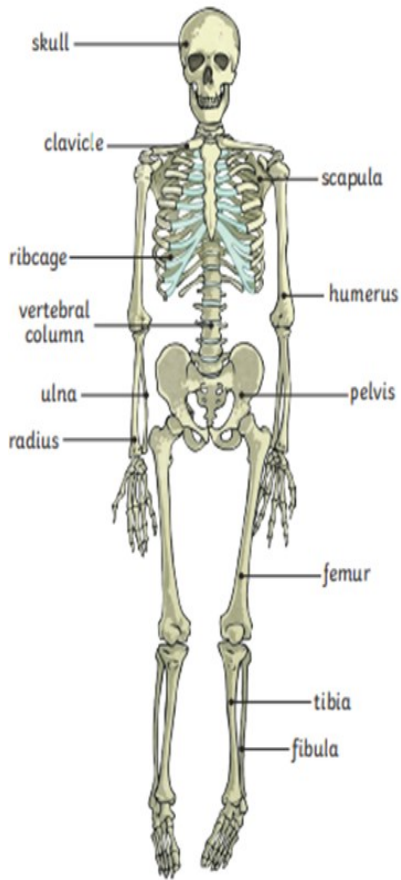
James Lind (1716-1794)

James Lind was a ship's surgeon. He worked with sailors who were suffering from an illness called scurvy. Sailors with scurvy were tired, their joints and muscles were weak and achy and they felt tired and miserable. Their gums bled and many lost teeth. Lind discovered that scurvy was caused by a lack of vitamin C in their diet.

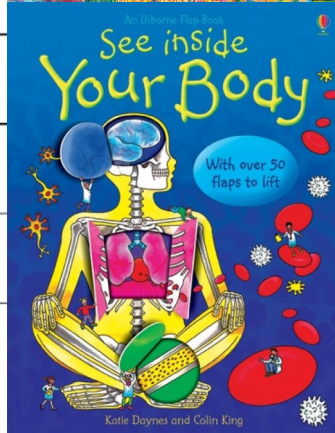
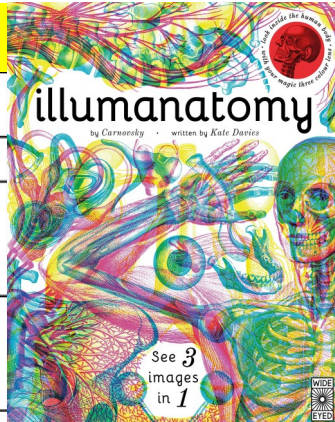
Important facts for this topic

- Humans cannot make their own food. They get their nutrition from what they eat. See: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>
- Animals including humans need food, water and air to stay alive.
- To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.
- The food that people buy comes from all over the world. The cocoa bean (used to make chocolate) is grown in Ghana. Fairtrade is a worldwide movement that works with farmers and supermarkets to make sure farmers are paid fairly.

Science: Animals including humans



skeleton	The human skeleton is made of bone and grows as we grow.
tendons	Cords that join muscles to bones.
muscles	Soft tissues which are attached to bones by tendons and help them to move by contracting and relaxing.
spine	Also known as your backbone, your spine is a strong, flexible column of ring-like bones that runs from your skull to your pelvis.
vertebrate	Animals with backbones.
invertebrate	Animals without backbones. Can have an <i>exo</i> (external) or hydrostatic skeleton.
joint	Areas where two or more bones are fitted together to allow movement.
pelvis	The pelvis is a bony cradle-shaped structure located at the base of the spine.
cartilage	Cartilage is a connective tissue found in many areas of the body including joints between bones e.g. the elbows, knees and ankles.
rib cage	It is made up of curved bones. The rib cage is found in the chest area. It protects a person's internal organs from damage.



English

We will identify the key features of instruction texts and write a set of instructions linked to our topic. Later in the unit, we will create character descriptions, character traits and settings. In doing this, we will then invent a new chapter for our class book which is Charlie and the Chocolate Factory by Roald Dahl.



Art

Observe and draw different whole, peeled and sliced fruits and vegetables, looking carefully at colour, pattern and form. Describe observations using artistic and sensory vocabulary. Take a closer look with magnifying glasses.

DT

In DT, we will be designing and making a healthier chocolate bar by combining ingredients. This will include selecting and making packaging. Our design will include slogans and enticing, appealing vocabulary.

RE

How can we live in a world together? Understanding the things that different people believe might help us to live together more harmoniously.

French

Animals, describing animals with colours, learn new nouns with animals, use key classroom language, join in with a song.

PSHE

Identifying and put into practice some of the skills of friendship e.g. taking turns, being a good listener
Know and use some strategies for keeping safe online.

Music

Composing music and singing songs linked to Charlie & the Chocolate Factory. Looking at the main features of music of the Romantic Era. A focus on the composer Tchaikovsky and his most famous works.

Maths

Capacity: Use scales, Measure mass in grams, Measure mass in kilograms and grams, Equivalent masses (kilograms and grams), Compare mass, Add and subtract mass, Measure capacity and volume in millilitres, Measure capacity and volume in litres and millilitres, Equivalent capacities and volumes (litres and millilitres), Compare capacity and volume, Add and subtract capacity and volume.