



BHPS Curriculum Information

Year 3 Spring 2 2020



Our Topic this half term is:
How do we keep healthy?



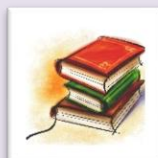
We will be:

- Tasting a wide range of fruit and vegetables.
- Learning the benefits of exercise and healthy eating.
- Understanding the importance of good hygiene.
- Planning and undertaking our own physical activities.
- Designing leaflets and posters about healthy eating.
- Finding out where our food comes from.
- Understanding how to prepare healthy meals and tasting them.
- Learning how to clean our teeth properly - class experiment to show the damage fizzy drinks and



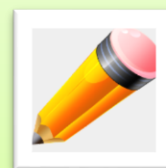
How can you help your child at home?

- Talking about their own diet and exercise regimes.
- Researching healthy diets and how to keep healthy.
- Exploring Purple Mash and activities linked to food and healthy. (www.purplemash.co.uk)
- Visiting the library to find books about the topic.
- Write about their favourite healthy foods. Remember to explain why.



In Literacy, we will be writing...

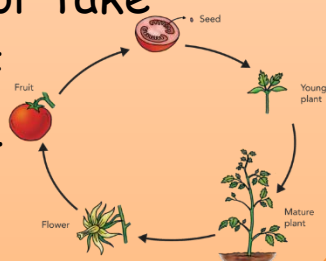
- A Story about food and healthy living.
- Newspaper reports about eating 5 a day!
- Instructions about how to make healthy foods.



In Science, we will be learning about plants and how they grow.



- Look at plants that grow in our local area.
- Think about the different parts of plants that we eat.
- Collect leaves, draw pictures or take photos of different plants.



In DT, we will be looking at a variety of different fruits and vegetables. Cutting them up to taste and create fruit salads, smoothies, fruit kebabs and healthy pizzas.

- Make a list of all the vegetables and fruits you and your family like to eat.
- Discuss which yours and their favourite giving reasons is why. Remember to use your five senses.



Homework is given out weekly (on a Monday)

- Reading daily (please sign reading diary)
- Spellings and times tables tested weekly
- Maths and Literacy alternate weeks in Homework Books.

