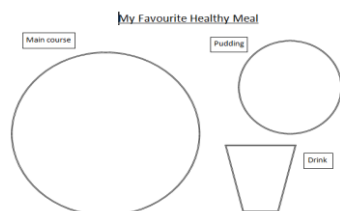


### Food Groups

- What are the different food groups?
- How much of each food should we be eating each day to stay healthy?
- Draw a plate of what a healthy: breakfast, lunch, dinner could look like.



### Exercise

- Why is exercise important?
- What exercises do you do to stay fit?
- Create a workout journal teaching others how to complete a variety of exercise movements.

## Animals Including Humans

### Year 3 Science Takeaway Homework Menu



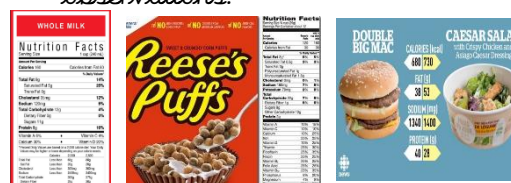
### Research: Food Groups

- Research and classify food groups:

What are they called?	What do they do?	Where are they found?
Carbohydrates		
Sugars		
Proteins		
Fats		
Fibre		
Vitamins and Minerals		

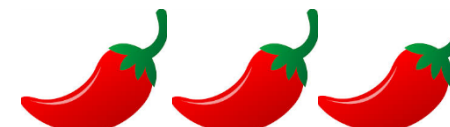
### Investigation: Food Labels

- What are food labels?
- Where can we find them?
- Look through your household and read the food labels.
- Write a report based on your observations.



### National Curriculum Expectations

- 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



### 3D Model

- Create a 3D model of the human skeletal system.
- Or create a 3D model of any skeletal system of an animal
- Label the parts of the skeletal system

### Research and Diagram

- Draw a diagram of a human skeletal system
- What are the bones called?
- What parts of the skeleton protect the body?
- What parts of the skeleton support the body and help it move?
- What are the 3 types of joints in the body?

### Scientific Vocabulary:

- nutrition, nutrients, carbohydrates, sugars, protein, vitamins, minerals, fibre, fat, water, skeleton, bones, muscles, support, protect, skull, ribs, spine, muscles, joints

### Takeaway homework guidelines

- It is up to you to choose what task to complete.
- Choose a task that is appropriate - but remember, the more you push yourself the more of a scientist you will become!