

Examine the foods.

**Sort the foods into 'healthy',
'unhealthy' and 'not sure'.**

Why are some foods unhealthy?

What do these foods do to our bodies?

Examine the front of the packaging.

What does the packaging tell you about the food?

What tells you how healthy it is?

What do the percentages mean?

Examine the cards.

**Which of these foods should we eat a lot of?
Which of these foods should we only have
in small amounts?**

**Which food group best describes
the food in the picture?**

**Why is each of these food groups
important for our body?**

YEAR 3

NUTRITION AND SKELETON:

03 – FOOD GROUPS

PROTEIN

FAT

**VITAMINS
& MINERALS**

CARBOHYDRATE

YEAR 3
NUTRITION AND SKELETON:
03 – FOOD GROUPS



YEAR 3
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YEAR 3
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YEAR 3
NUTRITION AND SKELETON:
03 – FOOD GROUPS

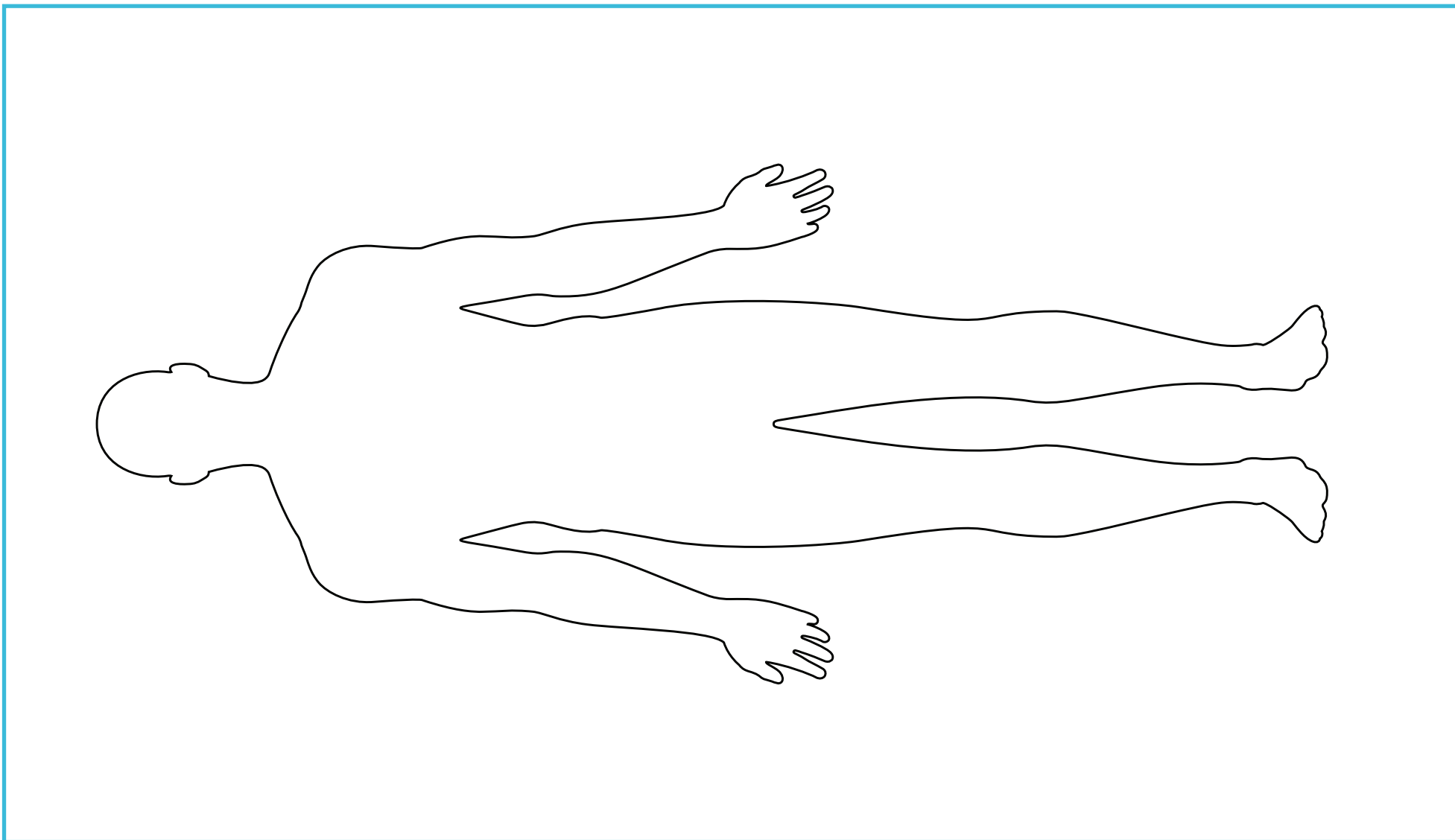


Draw and label the bones in your body.

What are bones made of?

Why do we need bones?

YEAR 3
NUTRITION AND SKELETON:
04 – BONES



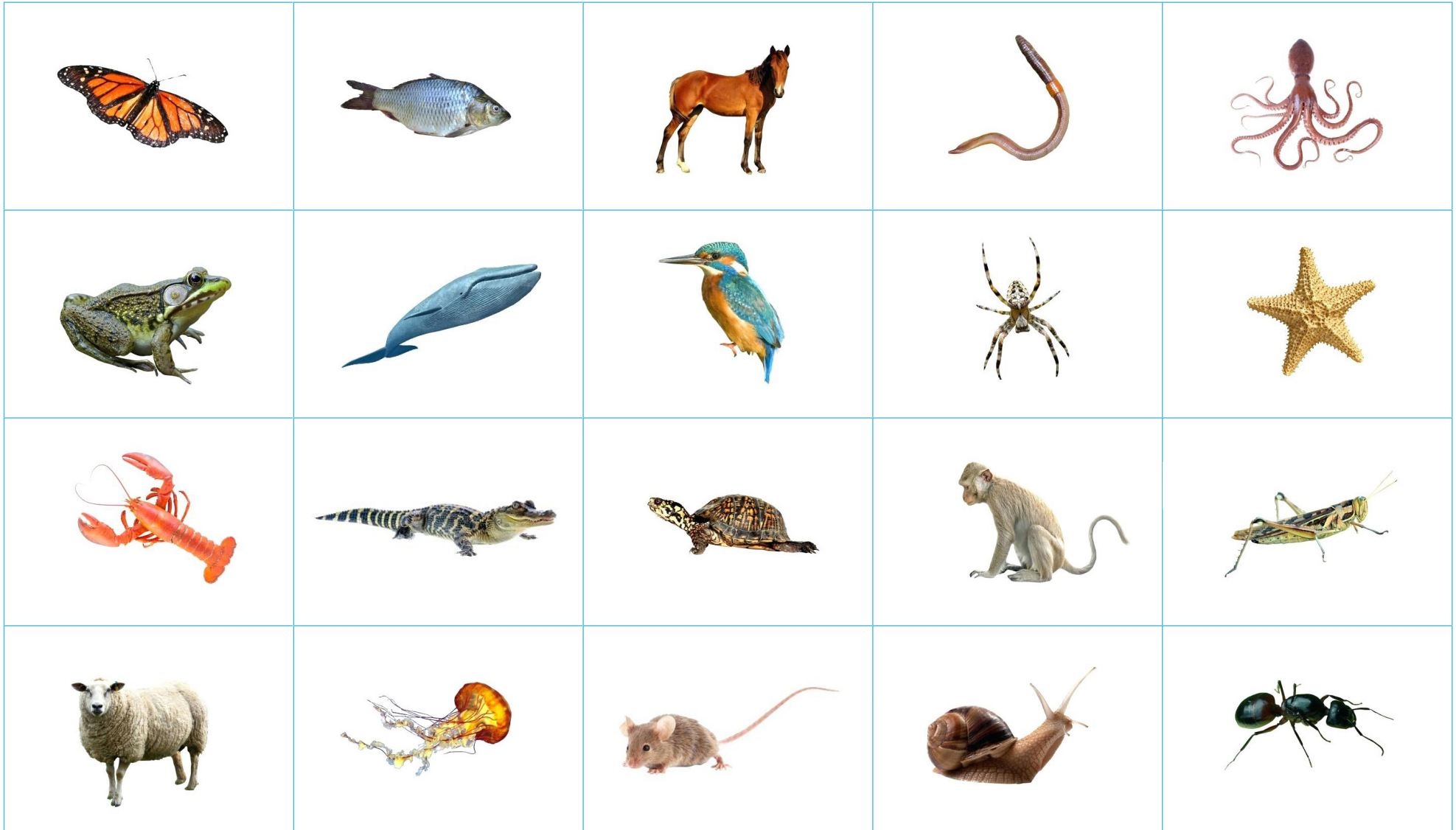
Examine the cards.

Sort the animals into two groups – those with a skeleton inside their bodies and those without

What do the others have instead?

Do you know the name for each group?

YEAR 3
NUTRITION AND SKELETON:
05 – SKELETONS



Look at the cards.

How does each animal move?

What parts of the body help it to move?

Which one is the odd one out and why?

YEAR 3
NUTRITION AND SKELETON:
06 – MOVEMENT



YEAR 3
NUTRITION AND SKELETON:
06 – MOVEMENT



YEAR 3
NUTRITION AND SKELETON:
06 – MOVEMENT

