Holy Trinity C of E Primary School

The Great Food Adventure

Year 3 Knowledge Organiser

Year 3 | Useful Websites

Click the blue resource titles to open the links. Explore with a teacher or parent.

FOOD HELPS US GROW

Food - a Fact of Life: Eat Well

Explore the food groups and a varied diet. Choose activities for ages 7-11 with a teacher or parent and find out how different foods help our bodies.

Plan a colourful, varied meal.



WHERE DOES FOOD COME FROM?

Food - a Fact of Life: Food Origins

Discover how food is grown, reared or caught. Explore the primary activities with an adult and investigate the origins of familiar ingredients.

Find out where three foods began.



JAMES LIND AND CITRUS FRUIT

Science Museum Group - James Lind

Read this short museum biography with an adult. Discover why James Lind is remembered for investigating citrus fruit and scurvy on long sea voyages.

Why was comparing treatments useful?



COOKING WITH CARE

Good Food - Rainbow Fruit Skewers

Follow a colourful fruit recipe with an adult. Explore food hygiene and safety together before cooking. Check allergies and ask for help with knives and skewers.

Plan, make, taste and improve.



READING FOOD LABELS

Food - a Fact of Life: Cooking for Health

Choose the 7-11 resources with an adult, including the Food labels presentation. Investigate what ingredients and other label information tell us.

Compare labels on two food packets.

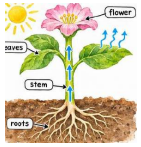


HOW PLANTS GET WHAT THEY NEED

Oak - What Plants Do and Need

Explore Year 3 lessons with an adult. Try How water is transported in plants to investigate the jobs of roots and stems.

Draw a plant and label its parts.



BIG QUESTION

Can you plan a colourful seasonal dish and explain your ingredient choices?