Holy Trinity C of E Primary School

The Great Food Adventure

Year 3 Knowledge Organiser

Year 3 | Scan and explore

Use a phone or tablet camera to scan a QR code. Explore with a teacher or parent.

Food helps us grow

Food - a fact of life: Eat well

Choose activities for ages 7-11 with an adult. Plan a varied meal.

Where does food come from?

Food - a fact of life: Food origins

Discover how food is grown, reared or caught. Explore with an adult.

James Lind and citrus fruit

Science Museum Group: James Lind

Read with an adult about Lind and his investigation into scurvy.

Cooking with care

Good Food / Food - a fact of life

Plan and prepare with an adult. Check allergies; adults help with knives and skewers.

Fruit recipe

Hygiene and safety

Reading food labels

Food - a fact of life: Cooking for health

Ask an adult to choose the 7-11 resources, including food labels.

What do plants need?

Oak National Academy: Year 3 plants

Explore the plant lessons and water transport with an adult.

Plant lessons

Water transport

Scan on screen or from a printed copy. You can also click each QR code in the PDF.