The Great Food Adventure

Year 3 • Hot-weather challenges

Explore food, plants and healthy eating indoors. Choose two or three activities each day. Take regular breaks and drink water. Use your knowledge organiser. No printing needed.

Prepare food with an adult. Wash hands and surfaces, check for allergies and ask an adult to do any cutting.

1. Plan a colourful lunch

Draw a lunch with fruit and vegetables, starchy foods, protein foods, and dairy or alternatives. Label the ingredients and explain how different foods help your body.

Extra challenge: swap one ingredient to add variety.



2. Food-label detectives

Choose two food packets with an adult. Find the ingredients list and nutrition information. If both have traffic-light labels, compare the colours.

Extra challenge: explain how label information differs from an advertising claim.



3. Follow your food's journey

Find the country of origin on three food labels, if available. Locate the countries on a map or atlas. Draw each food's journey to the UK.

Extra challenge: explain food miles and why some foods travel further than others.



4. Make a no-cook dish

Plan a fruit salad or colourful vegetable plate with suitable ingredients at home. Draw your design, then make it with an adult. Describe its colour, texture, smell and taste.

Extra challenge: what worked well, and what would you change?



5. Investigate how plants drink

With an adult, stand leafy celery in a little water coloured with food colouring. Draw it at the start, later and the next day. Look for colour moving into the stalk and leaves.

Extra challenge: explain using stem, leaves and water.

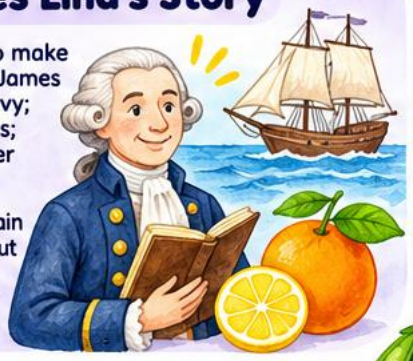


Keep the investigation separate from food you will eat.

6. Tell James Lind's Story

Use your organiser to make a four-picture comic: James Lind; sailors with scurvy; comparing treatments; sailors improving after oranges and lemons.

Extra challenge: explain what we now know about vitamin C and scurvy.



Advertising challenge

Create an advert for your colourful dish. Give it a catchy name and explain why someone might enjoy it. Include two accurate facts. Avoid promises you cannot support.



Share drawings, labels, a recipe, short paragraphs or talking.