



Year 3 Science - Scrumdiddlyumptious

Key question: What makes some foods super?

Key facts:

- Eating a balanced diet helps us stay healthy.
- Exercise is part of a healthy lifestyle.
- Foods can be sorted into different food groups.
- Super foods provide us with lots of nutrients.
- We have different types of teeth which have different functions.



Diagrams/Images:

Healthy Food Pyramid

Our Teeth

Key Vocabulary:

Healthy Eating	
healthy	In a good physical or mental condition.
balanced diet	Eating foods from a range of food groups.
carbohydrates	A food group that gives you energy.
protein	A food group that helps build muscle and helps the body heal.
fats	A food group that the body can store for energy.
nutrients	Our bodies absorb these to grow and repair.
Teeth	
incisors	The biting teeth found at the front of the mouth.
canines	The sharp teeth used for gripping and ripping.
pre-molars	The teeth used for chewing and grinding.
molars	The teeth found towards the back of the mouth. Used for chewing and grinding.

What I already know:

Working like a scientist:

- Begin to talk about criteria for grouping and sorting.
- Begin to answer questions from what I have found out.
- Make decisions about what to observe during an investigation.
- Begin to say what I found out, linking cause and effect.