

Topic Spellings:

carbohydrate
protein
fat
vitamins
minerals
fibre
healthy
skeleton
diet
water
food
nutrients
exercise
muscles

Spelling challenge

5 epraise points

Write 5 sentences using the spellings from the topic spelling list.

Can you make a skeleton

10 epraise points (an extra 5 if it moves!)



Read a book about the human body and write a book review

5 epraise points

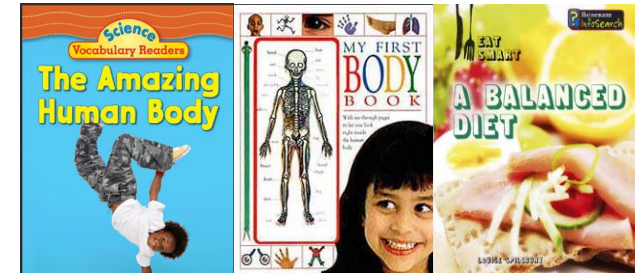
What did you already know?
What have you learnt?
What did you find interesting?
How many stars would you rate it out of 5?

Book Worm Challenge

5 epraise points per book



How many books can you read about balanced diets and the human body?
Keep a reading record of all of the books you read.
Bring in a photograph reading the book with someone special.



Keep a food diary

5 epraise points

Write a list of the food you eat for every meal and the food groups that each food is in.

Year 3 – Autumn Term 1 2018 Brilliant Bodies Homework activities

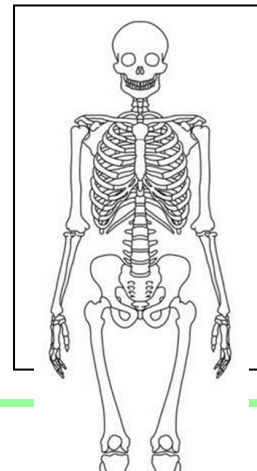


Please choose 1 to complete every week.

Create a fact sheet about the human body

5 epraise points

Things to think about:
What does it look like?
What is it made up of?
How can it stay healthy?
What does it need to survive?



Make a balanced diet poster

5 epraise points

Use pictures to show the different food groups. Don't forget to label.



Don't forget:

- Reading books should be read daily and reading records should be signed.
- Times Tables – 2x, 5x, 10x, 3x, 4x and 8x as an extra challenge.