



# You are what you eat

**Year/ Class:** Pine Class- Years 3 and 4

**Start Date:** 3.09.19.  
**End Date:** 27.09.19.

**4**  
**Weeks**

**Main Subject focus:**  
Science

**Supported by this/these subject(s):**  
DT and Art

**Discrete Subjects:**  
Guided Reading, SPaG/ Phonics, Maths, French, Music, PE, PSHE.

**Rationale:** During this learning experience children will learn about health and nutrition and identify that humans and animals need the right kind of nutrition and that they cannot make their own food; they get nutrition from what they eat. Children will also understand that humans and some animals have skeletons and muscles for support, protection and movement; they will learn what these look like and explore how skeletons and muscles work. Children will explore a healthy, balanced diet and a healthy lifestyle in order to make a presentation to advise people how to stay healthy.

**Hook:**  
We are health experts and will advise people of living a healthy life.

**Outcome:**  
To create a 'Healthy Living' booklet to advise people on how to live a healthy life.

Core Values	
Aspiration	Acceptance
Resilience	Respect
Collaboration	Honesty

- How the Values will be fostered:**
- *Resilience* fostered through trial and error, problem solving, coming to scientific conclusions
  - *Aspiration* children will aspire to become experts on healthy living
  - *Collaboration*- group work to share resources and work together to create a healthy living booklet
  - *Respect* understand other people's likes and dislikes
  - *Honesty* being honest about your own lifestyle and knowing when to make changes to be more healthy

**Celebrating success by:**  
**Sharing our Healthy Living booklets with parents**

**Parental support:**  
Talk about diet and exercise at home and encourage increasing exercise and making sure we all eat 5 a day during this Science learning experience

**Community Links/ Visits/ Visitors:** Visit and talk by a nurse to help to understand how our skeleton works and how we can look after it