

## Year 3 - Animals

**National curriculum objectives:**

*Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food*

*Understand that they get nutrition from what they eat*

**Ideas of how to do this whilst on lock down:**

- Consider what makes a healthy diet and why we need the correct balance of food
- Research into the different types of food groups such as protein, carbohydrates, fats etc. and find out how many portions we should be including in our diets each day.
- Research the dangers of things like too much sugar on our teeth, too much fat on our bodies etc.
- Ask your child to keep a food journal for 1 week. What do they notice? Which is their healthiest day and why? Which is their most unhealthy day and what foods could they substitute to make it better.
- Plan and cook a healthy meal with your child. What food groups does it contain?
- Choose a domestic animal (pet) and research its diet. What food and drink should you feed them? How often? What food or drink should be avoided?
- Repeat for a wild animal (such as a basking shark). What is their diet like? How do they get their food? How often do they eat?
- Produce a nutrition fact-file about each animal you have researched. Use subheadings and illustrations in your work.

# How to build a bottle basking shark

## You will need:

- Washed out plastic bottle\*

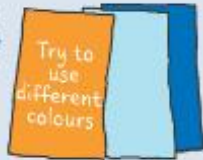
Remove any labels



- Sticky tape



- Coloured paper or card



- Permanent marker pen



- Scissors



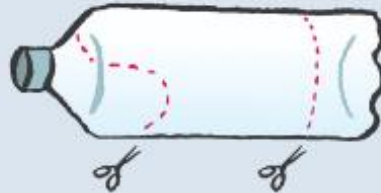
- Garden cane



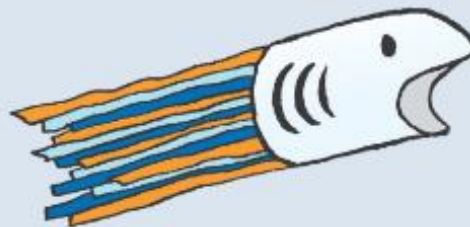
- A helpful adult

\*Use an old plastic bottle for this, and always recycle after use.

- 1 Ask an adult to help you to cut off the ends of the plastic bottle, and shape the shark's head.



- 3 Draw on eyes and gill slits.



- 2 Cut up the coloured paper or card into long strips of different colours and lengths. Tape to the back of the shark's head. You could have two layers, inside and outside



- 4 Ask an adult to help you to poke a hole through the top and bottom, and push a cane through, taping in place.



Take him for a swim!