

Year 3 Topic

Scrumdiddlyumptious!



We're going to enjoy a yummy journey of discovery, sampling fantastic fruits and tantalising treats!

In this learning project, we'll visit a local supermarket to find out about the food sold there. We'll bring back samples of fruits and vegetables so we can investigate them using our senses. Will we like everything we taste? We'll try different types of bread, and maybe even bake our own. In art and design, we'll look closely at fruits and vegetables and sketch what we can see. We'll follow recipes and learn about foods from around the world. Our science work will focus on food groups and how food can be altered. Will we be able to create bouncy eggs, edible slime or exploding chocolate drops? We'll also learn about the fascinating discoveries made by the physicist James Lind.

Finally, we'll invite you to sample some of the delicious foods we've made. We hope you'll like them!

Help your child prepare for their project

This is a perfect opportunity to taste new foods and have a go at following recipes. Why not bake healthy muffins or prepare a slow cooker stew together? You could also sample adventurous foods from around the world. Alternatively, you could read the packaging of foods in your fridge to find out where they have come from.

What will you choose to do?

- Write a shopping list for your family's weekly menu and calculate how much it will cost. Don't forget to look for Fairtrade options.
- Keep a food diary to record the different types of food you eat over the weekend. Report back; in your opinion, has your family got a balanced diet?
- Make an alphabetic list of foods from A to Z. Is it possible?
- Make an information booklet about a festival that involves eating a special type of food. There are lots to choose from!
- Make a dish from a recipe book and take photographs to share back at school. Remember to wash your hands before getting going!
- Write an imaginative story which starts... 'You're not going to eat me are you?' said the...
- Make a fabric dye from a strongly coloured fruit or vegetable. Try beetroot, carrot, tea, spinach or strawberry. Try dip-dyeing an old white T-shirt or handkerchief into your coloured dye. What happens?
- Design and make an exciting sandwich. Bring it in to school for everyone to taste!
- Plan yourself a weekly exercise regime and encourage a parent or carer to do it with you!

