

Year 3 homework tasks- Autumn 1

Healthy Plate Challenge

Create a healthy meal plate and label the foods in each food group. Explain why your meal would help keep your body healthy.

Food Diary

Keep a record of everything you eat for one day. Highlight foods that help your body grow, provide energy or keep you healthy.

County fact file

Find out which county you live in. Create a fact file including its location, county town and interesting landmarks.

Create your own skeleton

Create a skeleton picture using pasta, cotton buds or any other recycled materials and label some of the main bones.

Muscle investigation

Try activities such as running, jumping and lifting. Which muscles do you think are working hardest? Create a labelled diagram.

River model

Make a river model using clay, papier-mâché or recycled materials and label its features.