

Being My Best Knowledge Page Year 3

Key questions

What is a balanced diet?

How can we treat an illness?

How can I empathise with different viewpoints?

How does my brain work?

What are the different functions of my body?

achieve medicine fruit
bones goal-setting muscles
skills balanced diet talents
teeth improve practise
proteins water sleep
healthy starchy car- dairy
 bohydrates

Lesson Progression

Wk	Lesson
1	Derek cooks dinner!
2	Poorly Harold
3	For or against?
4	I am fantastic!
5	Getting on with your nerves!
6	Body team work

vegetables

exercise

energy

Resources

Coram Life Education