

## 3WO

### Being Healthy &ndash; Inside and Out

In the last unit of the year Year 3 students will develop their understanding of the difference between nutritious and non-nutritious foods by using the Healthy Food Pyramid. Each child will be responsible for organizing and producing a healthy eating poster with an emphasis on snack foods. They will explain their poster as part of an oral presentation. Students will also provide a &lsquo;healthy snack&rsquo; for the class. As well as sampling healthy snacks, students will investigate and construct food chains that illustrate the processes involved in producing and manufacturing some of the foods that we eat.

All class members will participate in a range of fitness activities and games.

Class Teachers: Christina Walker, Susan O&rsquo;Dwyer, Jane Nicklin and Gay Easlea