






Christianity - Easter

		
Cross	Wine	Bread
The cross represents the resurrection. It is a symbol of hope and new beginning	Symbolises the blood of Christ.	Symbolises the body of Christ.

Easter- The festival of Easter celebrates the resurrection of Jesus, three days after he died.

Christ: Greek and Hebrew word for 'The Chosen one'

Mass: The most important act of worship for Christians.

Holy Communion: A person accepts a wafer and wine to symbolise their acceptance the sacrifice Jesus made.

Crucifix: A symbol of the crucifix where Jesus is shown on the cross.

Gratitude: The quality of being thankful or to show appreciation

Saviour- For Christians, Jesus is the saviour because he sacrificed his life to save them from sins.

Rescue: To save someone from a difficult or upsetting situation.

Key Question:

What is good about Good Friday?



Palm Sunday

Palm Sunday marks the start of Holy Week. **Christians** remember when **Jesus** rode into Jerusalem on a donkey and was welcomed by people waving palm leaves and placing them on the ground in front of him. Palm leaves **symbolise** goodness and well-being.



Maundy Thursday

On Maundy Thursday, the story of the Last Supper is remembered. 'Maundy' comes from a word that means command. At his last supper, **Jesus** told his **disciples** to love one another. **Jesus** knew that this would be his last supper and that one of his **disciples** (**Judas**), would **betray** him.

The Last Supper

During the Last Supper, **Jesus** shared some bread and wine with his disciples. **Jesus** said the bread was his body and the wine was his blood. During **Holy Communion**, **Christians** re-enact this special moment from the Last Supper.

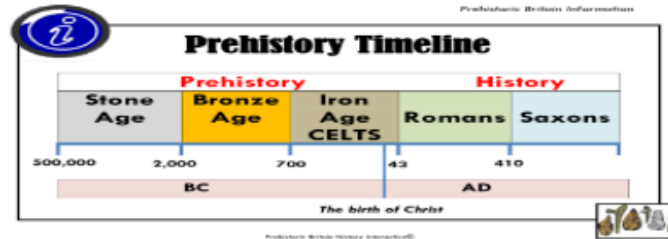




STONE AGE TO IRON AGE

Key dates:

- 700, 000 BC- Evidence of earliest footsteps in Britain
- 45,000- 10, 000 BC- Upper Palaeolithic (Old Stone Age) - First modern humans arrive in Britain as hunter-gatherers.
- 8000- 4000 BC- Mesolithic- More hunter-gatherers begin to migrate to Britain and by 5,600 BC Britain becomes separated from continental Europe
- 4000- 2500 BC- Neolithic (New Stone Age)- Adoption of agriculture
- 3000 BC- Stonehenge started
- 3000 BC - Skara Brae built
- 2500 - 800 BC- Bronze Age
- 2500 BC- Bronze working introduced
- 1600 BC- Stonehenge abandoned
- 1200 BC- First hillforts
- 800 BC- 60AD - Iron Age
- 800 BC- Iron working introduced
- 120 BC- Coins introduced from Europe
- 54 BC- First Roman invasion (Julius Caesar)



Key Vocabulary

B.C. - Before Christ. This is a phrase used to identify time before Jesus Christ was born.

A.D. - Anno Domini- Phrase meaning 'in the year of the Lord' referring to a year after Jesus Christ was born.

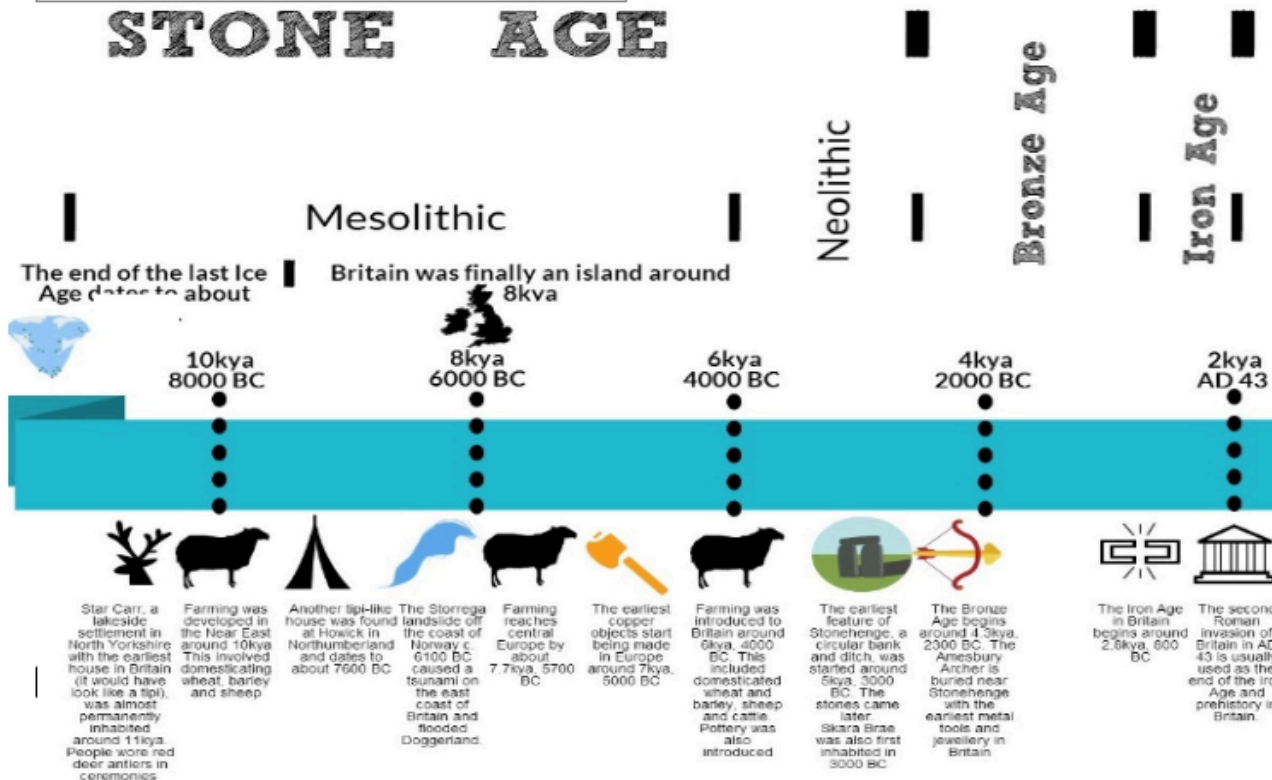
Palaeolithic- Earlier phase of the Stone Age, lasting 2.5 million years when primitive stones were used.

Neolithic- The later part of the Stone Age, when ground/ polished weapons were used.

Skara Brae- a Neolithic Age site with 10 stone structures near the Bay of Skail, Orkney, Scotland. People used to live here.



Stonehenge- A prehistoric monument in Wiltshire, England. It has a ring of standing stones, with each stone standing at around 13 feet high and 7 feet wide.



Roundhouses

- a. thick thatch
- b. door
- c. wattle
- d. daub
- e. timber frame
- f. upright loom
- g. hearth (fire)
- h. beds
- i. logs for sitting on





Animals including Humans

YEAR 3

CPS-Knowledge Organiser- Spring -Nutrition

Key Vocabulary

Balanced Diet- A balanced diet involves eating foods from all the different food groups

Healthy- In a good physical and mental condition

Energy- strength to be able to move and grow

Nutrients- substances that living things need to stay alive and healthy

Nutrition Label- Provide information to help you make healthy choices about food. Designed to provide facts about nutrients in food.

Saturated fats- types of fats considered to be less healthy, that should only be eaten in small amounts

Unsaturated fats - fats that give you energy, vitamins and minerals

NUTRITION LABEL



Reading Food Labels For Kids: Ingredients List

Read the **ingredients list!** Listed in order of proportion of total product. Is it reflective of what you'd offer at home and does it reflect what you'd expect in the product?

Ingredients

Yogurt Flavoured Coating (60%): Sugar, Palm Fat, Whey Powder (Milk), Rice Flour, Yogurt Powder (Milk)(3%), Emulsifier (Sunflower Lecithins), Glazing Agent (Shellac, Gum Arabic), Fruit Flakes® (40%): Concentrated Apple Puree, Fructose-Glucose Syrup, Blackcurrant Puree, Sugar, Gluten Free Wheat Fibre, Palm Fat, Gelling Agent (Pectin), Concentrated Elderberry Juice, Acidity Regulator (Malic Acid), Natural Flavouring]

Compare sugar with ingredients to see **where the sugar comes from**. These all count as "free" or added sugars:

Fruit juice / concentrate Honey & syrups Molasses

Ingredients ending in "ose": glucose, fructose, dextrose...

Dried fruit does not count as added sugar but should be eaten alongside meals where possible to protect dental health

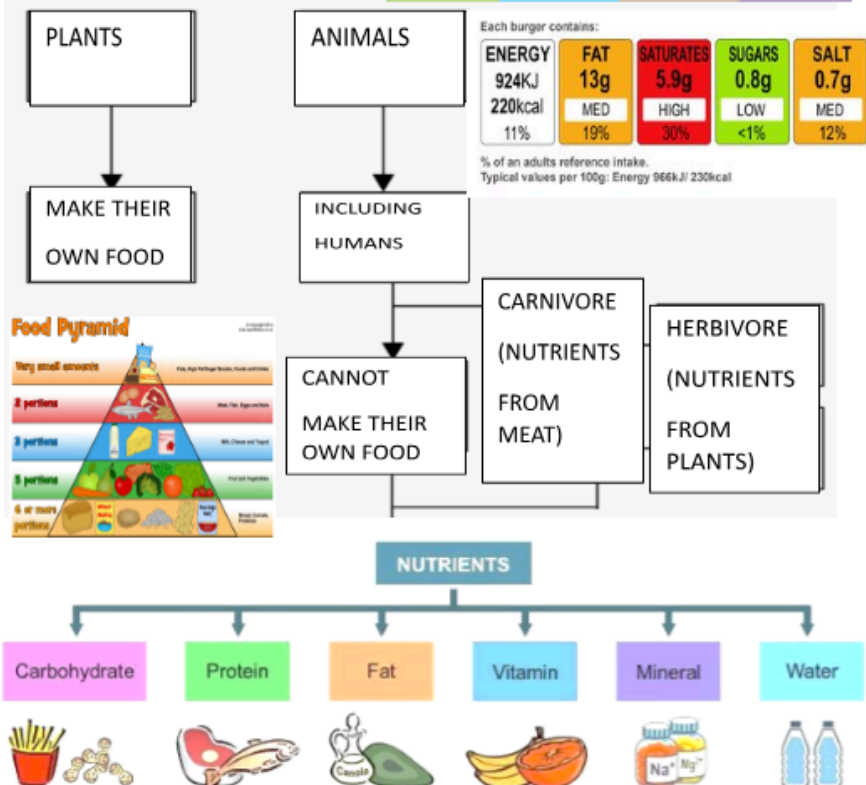
ACTIVE SWAPS

Make simple changes by setting yourself some Active Swap days:

- ✓ Swap sugary drinks for water
- ✓ Swap chocolate for fruit
- ✓ Swap white bread for brown
- ✓ Swap a snack for a walk or exercise
- ✓ Swap cereal for boiled eggs
- ✓ Create a fresh food day

And remember standing up or a walk after a big meal is good for your digestion.

How some family favorite treats could look






D.T: Healthy varied diet

A Healthy and Varied Diet

Food Groups

You should now know how much to eat of each food group


- Fruit and vegetables** – Eat lots! About 5 portions per day.
- Carbohydrates** – Eat lots! Include in every meal.
- Proteins** – You should eat about 2-3 portions per day.
- Dairy** – You should eat about 2-3 portions per day.
- Fats and Sugars** – Only eat occasionally and in small amounts.



A Varied Diet

--In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups. Too much of any one food group is not healthy for us.

- You should know that within each group, some foods have different benefits (e.g. fish has less fat than red meat).
- You should be able to design your own plate - think about foods that go well together, and promote a balanced diet.



Some things you can achieve during the term.

I can prepare a tasty fruit salad.

I can follow a simple recipe.

I can peel, cut and combine ingredients.

I can understand the importance of food hygiene when preparing and serving food.

I can evaluate my design and make improvements for next time.

KNOWLEDGE ORGANISER



Key Vocabulary

Food Group - any of the categories into which different foods may be placed according to the type of nourishment they supply, such as carbohydrates or proteins.

Balanced Diet - a diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.

Healthy Plate - The Healthy Eating Plate also emphasizes the need to have a variety of vegetables and fruits and to avoid sugary drinks

Varied - incorporating a number of different types or elements; showing variation or variety.

Slicing - cut (something, especially food) into slices.

Measuring - to discover the exact size or amount of something

Serving - a quantity of food suitable for or served to one person.

Boiling - Boiling is when a liquid becomes a vapor by touching a hot surface

Frying - cook (food) in hot fat or oil, typically in a shallow pan.

Cutting - the action of cutting something.

Import - bring (goods or services) into a country from abroad for sale.

Export - send (goods or services) to another country for sale

Traditional Dish - dishes that are passed on through generations or which have been

Health and Safety

-Remove any jewellery and tie back long hair. Ideally, wear a hair net.

-Wear an apron and roll up your sleeves. Tie your apron securely.

-Wash your hands with hot water and antibacterial soap, for at least 20 seconds.

Washing your hands should be done before, during and after preparing food.

Use different chopping boards and knives for raw meat & other foods. This stops bacteria spreading.

Use a food thermometer to check that food is cooked through.

Check the dates on food, and check for allergies & diet e.g. vegetarian, vegan.

Make sure that you clean up properly after yourself.

Key Learning

- To sort objects using just 'yes' or 'no' questions.
- To complete a branching database using 2Question.
- To create a branching database of the children's choice.

**purple
mash**



Key Questions

What is meant by data?

Facts about something; data can be words, numbers or pictures. For example, the class register contains data about the names, addresses and attendance of the children in the class.

What is a branching database?

Used to classify groups of objects. It is used to help identify the objects by answering questions with either 'yes' or 'no'. Branching databases can also be called binary trees.

Key Vocabulary

Branching database

Used to classify groups of objects. It is used to help identify the objects by answering questions with either 'yes' or 'no'. Branching databases can also be called binary trees.

Database

A collection of data organised in such a way that it can be searched, and information found easily. Database usually refers to data stored on computers.

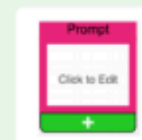
Key Images



Open, close or share
a file

Title

Give the database a name



Add a question to begin to sort the information

Question

Something that is asked or written to try and gain information.

Data

Facts and statistics collected together for information.

Identifying animals

