

# Year 3 – Chocolate Health & Wellbeing



## Where does chocolate come from?



In this unit, you will find out all about the delicious world of chocolate!

In geography, you will find out about where chocolate comes from and how it is produced. In history, you will find out where chocolate first came from and how it became the tasty bars we buy from the shop today. In science, you will learn about the importance of a balanced diet and how eating too much chocolate can be bad for you! In DT, you will be using your cooking skills to design and make a chocolate bar of your own to market and packaging. Then in computing, you will use software to create an advertisement for your delicious product. Enjoy!

### Personal, Social, Health and Citizenship

- I have a deeper understanding of good and not so good feelings.
- I can identify things which negatively affect my mental health.
- I can use vocabulary to explain the intensity of my feelings.
- I recognise that I may experience conflict in emotions
- I recognise when I need help and know how to ask for help
- I can resist pressure to do something that makes me uncomfortable.
- I know about people who are responsible for keeping them healthy and safe
- I can discuss what I should do in different emergency situations.
- I understand risks, dangers and hazards and how they may affect decisions.
- I know how to stay safe when out and about. (Stranger Danger.)
- I know that rest and relaxation is an important part of being happy.
- I have basic first aid skills to dealing with cuts and grazes
- I have basic first aid skills to deal with bone and muscle injuries

### Core Texts



### Key Vocabulary

fair-trade	climate zone
tropical	refine
production	cacao
economy	humid
originate	harvest
import	bitter
export	trade
climate	population
plantation	explorer



In geography, pupils will know:

- Chocolate comes from cacao pods which grow on cacao trees.
- These trees grow on plantations in tropical regions, which are close to the equator.
- The pods take about 6 months to grow before they are harvested, prepared and then sent to chocolate factories all over the world.
- Ivory Coast is the biggest exporter of cacao beans.
- The Fairtrade Foundation gives small-scale farmers a better deal by ensuring a fair price for their produce.

### Geography Skills

- Using maps locate the tropics of Cancer and Capricorn.
- Consider the countries and climates which surround these lines.
- Recognise the similarities and differences between the UK and areas studied.
- Reason about key physical and human characteristics of regions studied.
- Use junior atlases, globes and satellite images to locate and investigate places studied.
- Use contexts/index to locate places quickly.

In history, pupils will know:

- Chocolate was first discovered in Central America in approx. 1000 BC.
- Christopher Columbus bought it back to Spain along with other exotic foods in 1500AD.
- Hernan Cortez, a Spanish explorer realised how valuable the beans were in 1540 and then Spain started exporting lots of cacao to sell.
- The first chocolate house opened in 1657 in London.
- In 1861 the Cadbury brothers started selling chocolate to the mass population.

### History Skills

- Use dates to order significant events from the periods studied, on given timelines.
- Place periods of study on a timeline, using BC and AD.
- Ask focused questions and use research to find answers about the past.

In DT pupils will know:

- That molten chocolate can be poured into moulds to change the shape.
- That there are 3 main types of chocolate- dark, white and milk.  
That different ingredients can be added to chocolate to make unique bars.
- That the packaging of chocolate bars is very important and needs to appeal to the consumer with attractive colours, fonts and slogans.

#### DT Skills

- Create a design that meets a range of requirements.
- Consider the equipment and tools needed when planning.
- Describe a design, in detail, using accurately labelled diagrams, and words.
- Know how a healthy diet is made up from a variety and balance of different food and drink.
- Explain why a healthy diet is important.
- Sort and classify an increasing range of food according to specific food groups, e.g. proteins, carbohydrates, fats etc.
- Prepare food including experience of using a heat source.
- Be able to identify foods which come from the UK and other countries in the world.
- Evaluate own and pre-existing products.
- Suggest what could be changed to improve a design, beginning to link this to the design brief.

#### Key DT Vocabulary

**packaging brand blend cocoa mixture pour  
flavouring temper glossy refrigerate consumer  
melting point net slogan mould melt texture  
smooth rich sweet creamy bitter lustre**

In Computing pupils will know:

- Chocolate companies use advertisements to persuade people to buy their products.
- Effective advertisements create an emotional reaction from the audience.
- A storyboard is used to plan and organise scenes.

#### Computing Skills

- Capture still images using a wide range of angles and distances.
- Use angles and distance to create digital effects.
- Input still images into iMovie/movie maker and add shot name as title.

#### Key Computing Vocabulary

**image animation clip cut frame split**

**transition video effect arrange credits audience**

**i-Movie storyboard edit script trailer preview**



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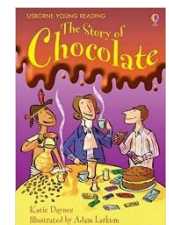
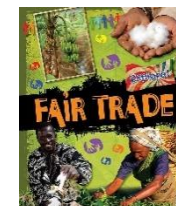
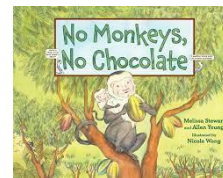
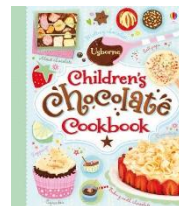
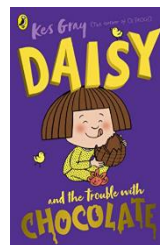
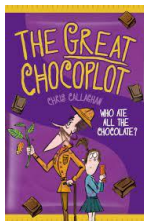
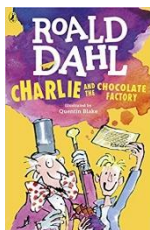
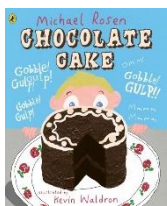
In DT, we will be using your cooking skills to design and make a chocolate bar and packaging of your own to market.

In Computing, we will use software to create advertisements for our delicious products. YUM!

## Home Learning Ideas- How You Can Support At Home.

Design your own packaging for an imaginary bar of chocolate. This carefully about the colours and fonts you use.	Go to the shop and buy 2 chocolate bars. Encourage your child to work out how much they will cost before you get to the till.	Watch the movie of Charlie and the Chocolate Factory.
Talk about mental health and the things that we can do on a daily basis to cheer us up if we have a low mood.	Look at the packaging of food at home. Look at the nutritional values. Look at the calories, protein, fat and sugar content. Is it healthy food?	Use Google Earth to locate places around the world where cacao beans are grown.
Research about how the Fair-Trade scheme has changed the lives of farmers all around the world.	Research about the Mayan civilisation and about the drink which they used to make using cacao beans.	Find a chocolate-based recipe in a cook book or online and do some baking. Don't forget to take some photos of what you made!

## Reading List – Topic Linked



# Chocolate



Where does it come from?