3. 已知集合$A=\{\sin\frac{7\pi}{6},\cos\frac{5\pi}{3},\tan\frac{5\pi}{4}\}$，$B=\{-\frac{\sqrt{3}}{2},-\frac{1}{2},1\}$，则$A\cap B=$（　）

A. $\{-\frac{\sqrt{3}}{2},-\frac{1}{2}\}$

B. $\{-\frac{\sqrt{3}}{2},1\}$

C. $\{-\frac{1}{2},1\}$

D. $\{-\frac{\sqrt{3}}{2},-\frac{1}{2},1\}$