

Year 3 – Animals Inc Humans – Amazing Bodies

What it looked like last year...

- Notice that animals, including humans, have offspring which grow into adults.
- Find out about and describe the basic needs of animals, including humans, for survival. (water, food and air).
- Describe the importance for humans: of exercise, eating the right amounts of different types of food, and hygiene.

What it looks like next year

- Describe the simple functions of the basic parts of the digestive system in humans.
- Identify the different types of teeth in humans and their simple functions.
- Construct and interpret a variety of food chains, identifying producers, predators and prey.

Vocabulary (definitions)

nutrition – study of food & how it works in the body.

nutrients - a substance that provides nourishment essential for the maintenance of life and for growth.

carbohydrates – sugars and starches that provide energy.

proteins - a nutrient found in food that helps cell structure and function.

vertebrates – an animal with a back bone.

invertebrates – an animal without a backbone

vitamins – chemical compound essential for normal growth.

minerals – elements that help our bodies function normally.

sugars	fibre	fat	balanced diet	
muscles	protect	bones	heart	
support	skeleton	joints	move	skull
ribs	spine	brain		

Sequence of Learning

1. Identify what humans need in order to survive.
2. Explore and sort different types of food.
3. Identify foods that contain the nutrition needed.
4. Compare vertebrates and invertebrates.
5. Identify muscles in the body and how these help us to move.
6. Plan an investigation and analyse the results (2 lessons).

Cultural Capital

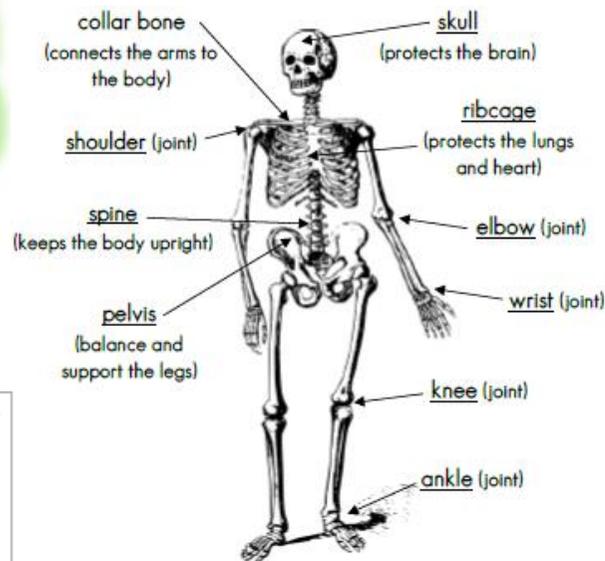
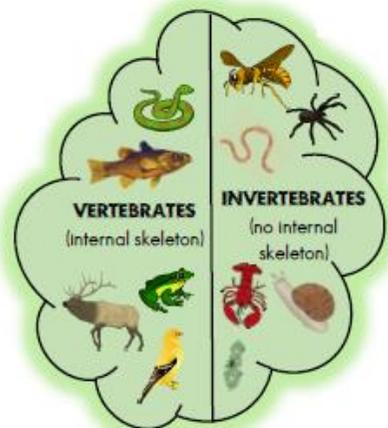
- To be able to identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food – they get nutrition from what they eat.
- To be able to identify that humans and some other animals have skeletons and muscles for support, protection and movement.
- The real life knowledge that links is: Exploration, Grouping and Classifying and looking for patterns.
- The jobs it can be used in are: Biologist, Dietician, Medical Professional, Farmers.

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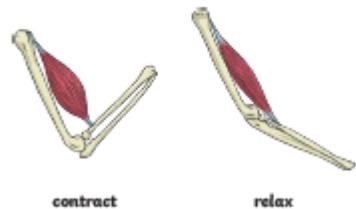
Principles of Teaching Science.

- E**xploring – when we look at how things work in the world
- Q**uestioning – when we question what will happen
- U**nderstanding – when we use scientific language to explain
- I**nvestigating – when we can explore and are hands on
- P**redicting – when we use our previous knowledge to say what we think will happen.

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
		moves nutrients around your body and helps to get rid of waste



Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



HEALTHY EATING

To keep your body fit and healthy you need a balanced diet using all of the food groups.
Carbohydrates - Main source of energy for our bodies (rice, potatoes, pasta and bread).
Protein - Repairs and builds muscles, organs and immunity (fish, meat, eggs and cheese).
Sugar and Fats - Stored for energy and creates a layer of fat to keep us warm. Should not have too much of these (chocolate, sweets, butter, oil, cream).
Vitamins and Minerals - Keeps us growing and fighting infections (fruit and vegetables).