



Key Vocabulary

What I should know by the end of this unit:

- That animals, including humans, need the right types and amount of nutrition.
- Animal, including humans, cannot make their own food
- Animals, including humans, get nutrition from what they eat
- Humans and some other animals have skeletons and muscles for support, protection and movement

What do we need to survive?

Animals, including humans, need to eat to get all the energy and nutrients they need.

Things animals need to survive

water food air

Things humans need to survive

water food air

Things humans need to be healthy

To have a balanced diet of the right amount of different types of food and drink.
To exercise regularly
To be hygienic

What is nutrition?

Nutrition means animals getting the food they need to grow and be healthy

Skeleton

All mammals (including humans), birds, fish, reptiles and amphibians are vertebrates. This means they have a skeleton inside their bodies.

The human skeleton is made of bones and grows as we grow. Our skull protects our brain and our ribs protect our heart and lungs.

The skeleton bends at joints such as knees and ankles, Joints are where two or more bones join together.

Spelling	definition
balanced diet	Choosing foods in the right amounts from each of the food groups
backbone (spine)	The column of small linked bones down the middle of your back
disease	An illness which affects people, animals or plants
exercise	Take part in bodily activity for the sake of improving physical fitness
healthy	Well and not suffering from any illness
muscle	Muscles move the different parts of your body, inside and outside
vertebrate	An animal with a backbone inside their body





Topic: Animals incl. humans

Year 3

Strand: Biology

Balanced diet

The human body needs a balanced diet to work properly. Good health involves drinking enough water and eating the right amount of foods from the different food groups.

Carbohydrates give us energy. They are found in foods such as bread, potatoes and pasta.

Proteins help our body to repair itself. They are found in foods such as fish, meat, nuts, seeds, eggs and cheese.

Fats help store energy for our bodies. They are found in foods such as butter, cheese and fried foods.

Fibre is important for helping us digest our foods. It is found in fruit and vegetables.

Muscles

Muscles are attached to the skeleton to help us move. They either contract (bunch up) or relax (go back to normal) to move the bones.





Topic: Animals incl. humans

Year 3

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What is the best for people to have healthy diets?	Start of unit	End of unit
Not eat sugary foods		
Eat a variety of foods		
Not eat foods that contain fat or oil		
Eat only fruit		

Write true or false next to each statement	Start of unit	End of unit
Having a balanced diet will help my bones get stronger		
Having a balanced diet will help give me the nutrients we need		
Having a balanced diet means I do not need to exercise		
I must not eat any sweets to have a balanced diet		

Which part of the skeleton protects the brain	Start of unit	End of unit
Skeleton		
Head		
Cranium		
skull		

Which part of the skeleton protects the heart and lungs?	Start of unit	End of unit
Chest		
Skull		
Ribs		
spine		

Match the words to their meanings	Start of unit	End of unit
<div style="border: 1px solid black; padding: 5px; display: inline-block; margin-bottom: 10px;">skeleton</div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 100px; margin-bottom: 10px;">The hard parts inside your body which form the skeleton</div>		
<div style="border: 1px solid black; padding: 5px; display: inline-block; margin-bottom: 10px;">joint</div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 100px; margin-bottom: 10px;">Something inside your body that connects 2 bones and also helps you to move</div>		
<div style="border: 1px solid black; padding: 5px; display: inline-block; margin-bottom: 10px;">muscle</div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 100px; margin-bottom: 10px;">The framework of bones inside your body</div>		
<div style="border: 1px solid black; padding: 5px; display: inline-block; margin-bottom: 10px;">bone</div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 100px; margin-bottom: 10px;">The junction between 2 or more bones</div>		