



Science

Animals, including humans

Year 3

Autumn 1

## Key Knowledge

### Nutrition

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.

Can we make our own food?

No. Humans and animals can't make their own food. They get food by either growing, hunting or gathering.

What is meant by hunting and gathering food?

Humans can hunt other animals to eat and they also find foods grown in the wild.

### Skeleton and Muscles

What is a skeleton?

A skeleton is a structure of bones that supports the body of a person or animal.

Parts of the skeleton

Skull, clavicle, scapula, rib cage, humerus, spinal column, pelvis, ulna, radius, femur, tibia, fibula.

Function of the skeleton

Protection, support and movement.

What is a muscle?

A soft tissue in the body that contracts and relaxes to cause movement of the skeleton.

## Statutory Requirements

- To be able to identify that animals, including humans, need the right types and amount of nutrition.
- To be able to identify that animals, including humans, 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.

## Key Vocabulary

Tissue

A tissue is part of the body that is made of similar cells.

Contact

When a muscles becomes smaller, shorter and tighter.

Nutrition

The process of obtaining the food needed for health and growth.

Vitamins and minerals

Substances that are found in foods we eat. Your body needs them to work properly, so you grow and develop just like you should.

Fat

Fats fuel the body and help absorb some vitamins. They also are the building blocks of hormones and they insulate the body.

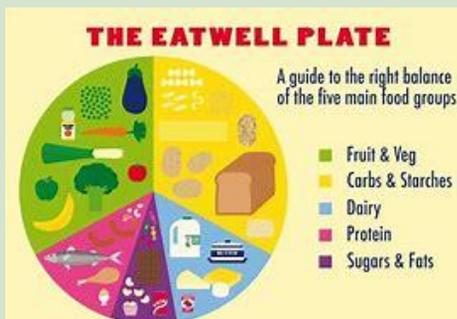
Protein

Proteins grow, maintain, and replace the tissues in our bodies.

Carbohydrate

Sugars and starches, which are found in foods such as starchy vegetables, grains, rice, breads, and cereals.

## Diagrams



## Possible Experiences

- Identify and group animals with or without skeletons and compare the ways in which they move.
- Experiments to find out which is the strongest muscle group
- Test relationships in the body e.g. does arm span = height
- Compare and contrast the diets of different animals.
- Prepare a presentation about the benefits of healthy eating.