

Year 3 Term 1

How can the choices we make affect our well-being?
SCIENCE



Progression in Skill:

Ask relevant questions about the world around them and use different types of scientific enquiries to answer them (survey, fair test, research/secondary sources, classify, pattern seeking, modelling, investigation over time).
Use secondary sources: books, photographs and videos.

Long-term Memory Knowledge:

Know the importance of animals, including humans, eating the right types and amount of nutrition, including that they cannot make their own food. Name some animals, including humans, that have skeletons and muscles and know what these are and their functions.
Engage in different scientific enquiries to find out about the world.
Use secondary sources to learn more.

Key Vocabulary

nutrients	substances in foods that our bodies need to promote growth, provide energy and maintain life
nutrition	how our body uses food
energy	all living things need energy in order to work – to move, grow etc. We eat food in order to provide the body with energy
calcium	a mineral important for healthy bones. Calcium helps your bones to grow and stay strong
skeleton	the framework of bones that some animals – including humans – have
organs	parts of our body that have specific functions, e.g. heart, liver, lungs.

Progression in Resources:

Secondary sources: books, BBC website
Food packaging
EatWell plate

Relevance

Now	Understand why animals, including humans, need to eat and why it is important we eat a range of different food types, not just the ones we like or enjoy the most.
Future	Have a healthy attitude towards food and eating; plan and eat a balanced diet that doesn't restrict particular food types but ensures the body gets what it needs whilst enjoying 'treat' foods.
Aspiration	Children pursue careers in the medical profession, such as doctor or nurse, possibly with a focus on food, e.g. dietician, nutritionist. They may work with elite athletes, preparing the body for competition or in research, exploring how science can improve our diet.

National Curriculum Links:

Animals including humans

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.
Identify that humans and some other animals have skeletons and muscles for support, protection and movement.

Essential Prior Learning:

Animals, including humans, need food, water and air in order to survive.
It is important that people eat a balance of different foods in order to stay healthy – no one food or type of food will give us everything we need.