

Year 3 Term 1

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

SCIENCE



National Curriculum Links:

Ask relevant questions and use different types of scientific enquiries to answer them.

Set up simple practical enquiries, comparative and fair tests.

Make systematic and careful observations and, where appropriate, take accurate measurements using standard units, using a range of equipment, including thermometers and data loggers.

Gather, record, classify and present data in a variety of ways to help in answering the question.

Use straightforward scientific evidence to answer questions or to support their findings.

Use results to draw simple conclusions, make predictions for new values, suggest improvements and raise further questions.

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.

Progression in Skill:

Ask relevant questions about the world around you.

Use different types of scientific enquiries to answer questions.

Use secondary sources to find information and answer questions

- books
- photographs
- videos

Conduct simple practical enquiries that are comparative or fair tests.

Create a model.

Make systematic and careful observations.

Develop criteria to group, sort and classify, taking into account similarities and differences or changes related to simple scientific ideas and processes.

Use observations to monitor changes

and identify patterns over days and weeks.

Use straightforward scientific evidence to develop explanations to answer questions.

Draw simple conclusion: the ...-er the ... the ...-er the ...

Compare the development of scientific discoveries and inventions.

Appreciate that ideas are refined and improved over time.

Identify that animals, including humans, need the right types and amount of nutrition.

Identify that animals, including humans, cannot make their own food: they must get nutrition from what they eat.

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

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 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.