

Year 3 – Term 1

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



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.

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:

Animals, including humans, need to eat to get the nutrition they need – they cannot make their own food.

A balanced diet consists of a variety of foods (carbohydrates, proteins, fats, vitamins & minerals) in differing quantities.

Carbohydrates provide fuel for the body.

Protein helps our bodies to grow and repair.

Fats help our bodies to absorb vitamins as well as being a source of energy.

Vitamins and minerals are needed to help to keep our bodies healthy.

Our bones and muscles work together to help us to move and give it its shape.

Our skeleton protects our important organs.

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	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.