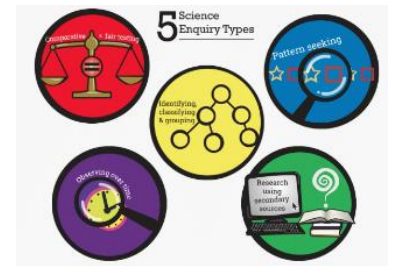


Year 3 Autumn Term

Animals including humans



Prior knowledge learned in year 2

notice that animals, including humans, have offspring which grow into adults - find out about and describe the basic needs of animals, including humans, for survival (water, food and air) - describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

National Curriculum for year 3

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

What you should already know...



- Animals can be split into different groups (e.g. birds/fish & carnivores/omnivores)
- All animals have basic needs that have to be met in order for them to survive: water, food, shelter, oxygen, temperature
- Animals have different stages in their lives - birth, growth, reproduction and death.
- Humans (and most other animals) need to stay healthy, by exercising, eating a balanced diet, and being hygienic.

Nourishment



- Unlike plants, animals cannot create their own food. They get nutrition from what they eat.
- This is because animals do not have chlorophyll, or chloroplasts in their cells, like plants do.
- Therefore, plants are called producers and animals are called consumers.
- The different nutrients that animals get depends on their diet. For example, a cheetah gets lots of protein in its diet because it is a carnivore (eats meat).

Types of Nutrition

Carbohydrates



- Carbohydrates give the consumer energy.

-Foods that have lots of carbohydrates in are often called 'starchy' foods.

-Carbohydrate-rich foods include pasta, rice, oats, breads, breakfast cereals and barley.

Protein



- Protein helps the body (especially the muscles) to repair itself.

-Protein-rich foods include meat, eggs & nuts.

Fat



- Fats also give consumers lots of energy. However, too much fat is not healthy!

-Butter, cakes & fast food contain lots of fat.

Fibre



- Fibre helps our digestive systems to work well.

-Fibre is often found in high-carbohydrate foods like bread, cereal, potatoes, and some fruits.

Vitamins and Minerals



- There are many different vitamins and minerals that perform hundreds of roles in the body.

Fruit and vegetables are vitamin/mineral-rich.

Skeletons and Muscles

Skeleton

- Humans (and many other animals) have a system of bones called a skeleton.
- Skeletons help to support your body - they give it its shape.
- Skeletons are also important for movement. Muscles are attached to bones.
- Finally, skeletons help to protect important parts of the body. E.g. the ribs protect the heart and lungs.



Muscular System

- Humans (and many other animals) also have a system of muscles in their bodies.
- The main purpose of muscles is for movement. As they contract, muscles move parts of the body around.
- Muscles are also important for maintaining posture, helping humans/ animals to sit, stand, and walk.
- Some muscles (e.g. the heart) move by themselves - they are involuntary.

Key vocab

Movement, Muscles,
Tissue, Bones,
Contract, Relax,
Harvest, Nutrition,
Skeletons

Key texts

(Foxton) The human body - Gardens and parks in summer - Gardens and parks in winter

Scientists to consider

- Marie Curie- Radiation
- Wilhelm Rontgen - X rays
- Adelle Davis -Nutritionist

What does
'nutrition' mean?

What is the
function of a
skeleton?

What is the
function of
muscles?

What are the 5
types of
nutrition?

