

Caroline Haslett Primary School - Science Topic: Animals Including Humans Year 3

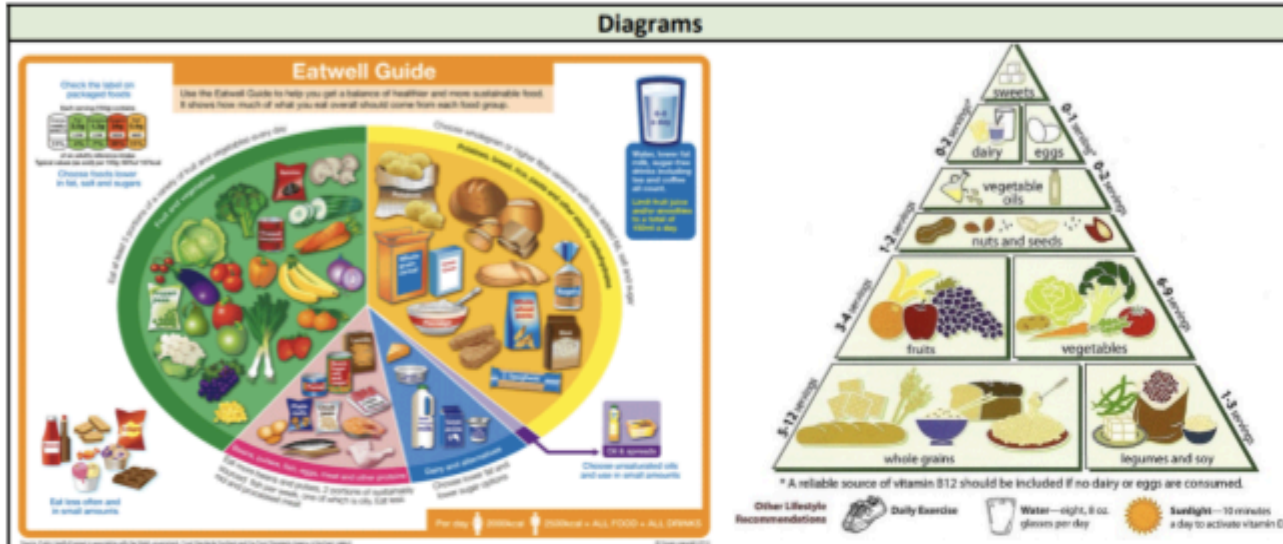
What should I already know?	
<ul style="list-style-type: none"> • All animals need water, air and food to survive. • The different ways in which humans can be healthy. • Examples of healthy and unhealthy food choices. 	
What will I know by the end of the unit?	
<ul style="list-style-type: none"> • Humans cannot make their own food like plants do - we need to eat plants and animals to get our energy. • Healthy, balanced diets lead to healthy, active people. 	
What are the different food types?	<ul style="list-style-type: none"> • Fruit and vegetables • Bread, rice, potatoes, pasta and other starchy foods. • Milk and dairy • Oils and spreads • Meat, fish, eggs, beans and other non-dairy sources of protein.
What are the different types of nutrients?	<ul style="list-style-type: none"> • Protein <ul style="list-style-type: none"> • help your body to grow and repair itself • examples include red meat, yogurt, beans • Carbohydrates <ul style="list-style-type: none"> • give you energy • examples include bread, potatoes, pasta • Fats <ul style="list-style-type: none"> • give you energy • examples include nuts, oils, avocados • Vitamins <ul style="list-style-type: none"> • keep your body healthy • examples of foods high in vitamins include oranges, carrots and nuts • Minerals <ul style="list-style-type: none"> • keep your body healthy • examples of foods high in vitamins include milk, sweetcorn, spinach • Fibre <ul style="list-style-type: none"> • helps you to digest the food that you have eaten • examples of foods high in fibre include wholegrain bread, cereals and lentils • Water <ul style="list-style-type: none"> • helps to move nutrients in your body and get rid of waste that you don't need • examples of foods high in water include celery, cucumber, tomatoes

Investigate!

- Compare and contrast the diets of different animals (including their pets) and decide ways of grouping them according to what they eat.
- Research how different foods contribute to a varied **diet**.
- Design meals based on your research.
- Learn about how to prepare food **hygienically**.
- Prepare a presentation about the benefits of healthy eating.
- Write a persuasive advert for healthy foods.
- Know that some people keep different **diets** for medical, religious and ethical reasons.
- Describe what happens if one part is missing from a **balanced diet** and how some groups of people (e.g. vegetarians) may compensate for that.

Vocabulary	
balanced diet	a variety of food that you regularly eat
diet	the type and range of food that you regularly eat
disease	an illness which affects people, animals, or plants
energy	the ability and strength to do physical things
healthy	well and not suffering from any illness
hygiene	keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases
nutrients	substances that help plants and animals to grow
nutrition	the process of taking food into the body and absorbing the nutrients in those foods
starchy	foods that contain a lot of starch (a nutrient which gives you energy)

Diagrams



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Working Scientifically	<p>Ask questions about the world around them and explain that they can be answered in different ways.</p> <p>An observation involves looking closely at objects, materials and living things, which can be compared and grouped according to their features.</p> <p>Use suitable vocabulary to talk or write about what they have done, what the purpose was and, with help, draw a simple conclusion based on evidence collected, beginning to identify next steps or improvements.</p>
Animals including humans and evolution	<p>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. Carnivores get their nutrition from eating other animals. Herbivores get their nutrition from plants. Omnivores get their nutrition from eating a variety of plants and other animals.</p> <p>Explain the importance and characteristics of a healthy, balanced diet. It is important to have a balanced diet made up of the main food groups, including proteins, carbohydrates, fruit and vegetables, dairy products and alternatives, and fats and spreads. Humans need to stay hydrated by drinking water.</p> <p>Compare and contrast the diets of different animals.</p>