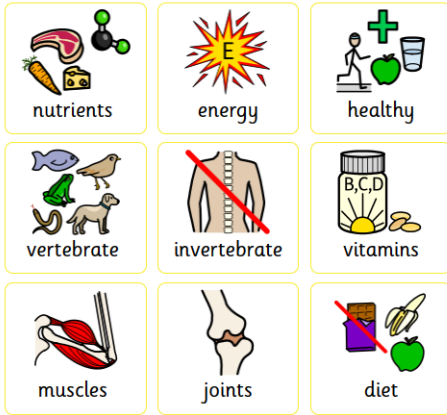


Key Vocabulary:



Year 3 – Animals Including Humans

Scientific Enquiry: Research

Why do different types of vitamins keep us healthy and which foods can we find them in?

Learning Journey:

1. Nutrition
2. Food Labels - Why do different types of vitamins keep us healthy and which foods can we find them in?
3. Skeletons
4. Human Skeletons
5. Muscles

Key Facts: Nutrition

- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

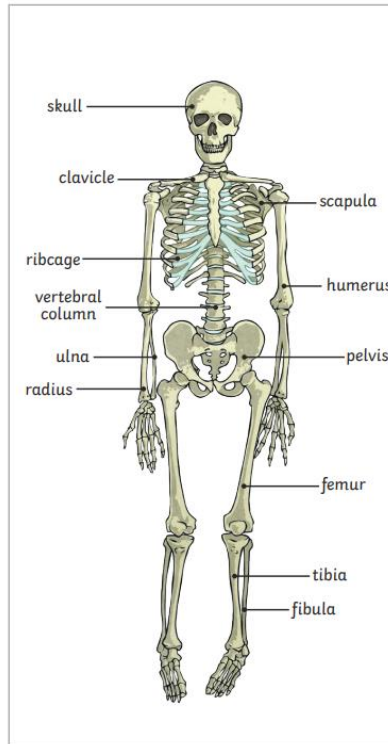
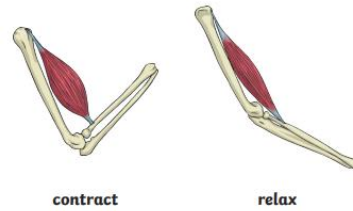
Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste

Key Facts: The Skeleton

Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



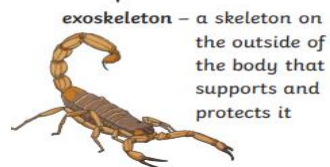
Interleaved Links:

What My Amazing Body Can Do – Science Year 1

Healthy Living– Science Year 2

Animals Including Humans – Science Year 4 and 6

Invertebrate



vertebrate
↓
endoskeleton – a skeleton on the inside of the body that supports and protects it

