

What I already know:

Sc2/2.3a notice that animals, including humans, have offspring which grow into adults
 Sc2/2.3b find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
 Sc2/2.3c describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.



Year 3: Animals including Humans

Powerful knowledge

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.

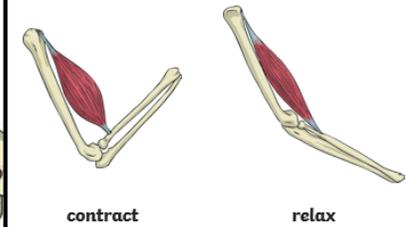
Learning Journey

Sc3/2.2a 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
 Sc3/2.2b identify that humans and some other animals have skeletons and muscles for support, protection and movement.

Key Question:

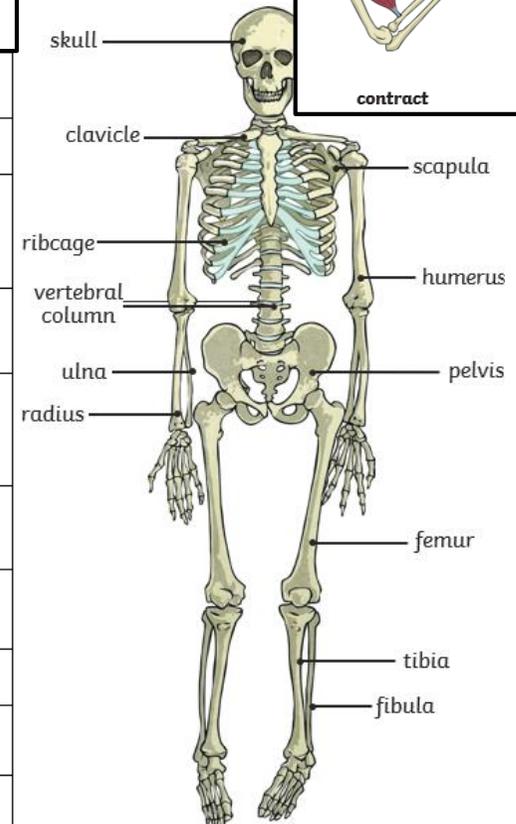
How does your body move?

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



Key Vocabulary:

nutrition	Food necessary for health and growth.
nutrients	Useful substances that help animals and plants grow.
carbohydrates	These are the foods that give us energy. They are found in sugary and starchy foods.
proteins	These are important so the body can grow, repair and build muscle.
vitamins and minerals	Substances found in foods which keep us healthy. These are found in fruit and vegetables.
fibre	This lets food pass quickly through your body. It helps keep your digestive system in good working order.
skeleton	This supports and protects the body, allowing it to move.
bones	The hard parts inside your body which form your skeleton.
muscles	These are attached to bones and help us move.
joints	The place where 2 bones meet.



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