

Y3 Su 1 – Animals (including humans) - Science

Vocabulary

Word	Definition
Healthy	In a good mental and physical condition.
Nutrients	Substances that living things need to stay alive and healthy.
Energy	Strength to be able to move and grow.
Saturated fats	Types of fats, considered to be less healthy, that should be eaten in small amounts.
Unsaturated fats	Fats that give you energy, vitamins and minerals.

Key Questions

- How do we get nutrition?
- Why must we eat?
- How can we keep our bodies healthy?
- What are healthy foods?
- What kind of foods should we not eat all of the time?
- What does carbohydrates do for our body?
- Which foods contain protein?

In Year 1 you learnt:

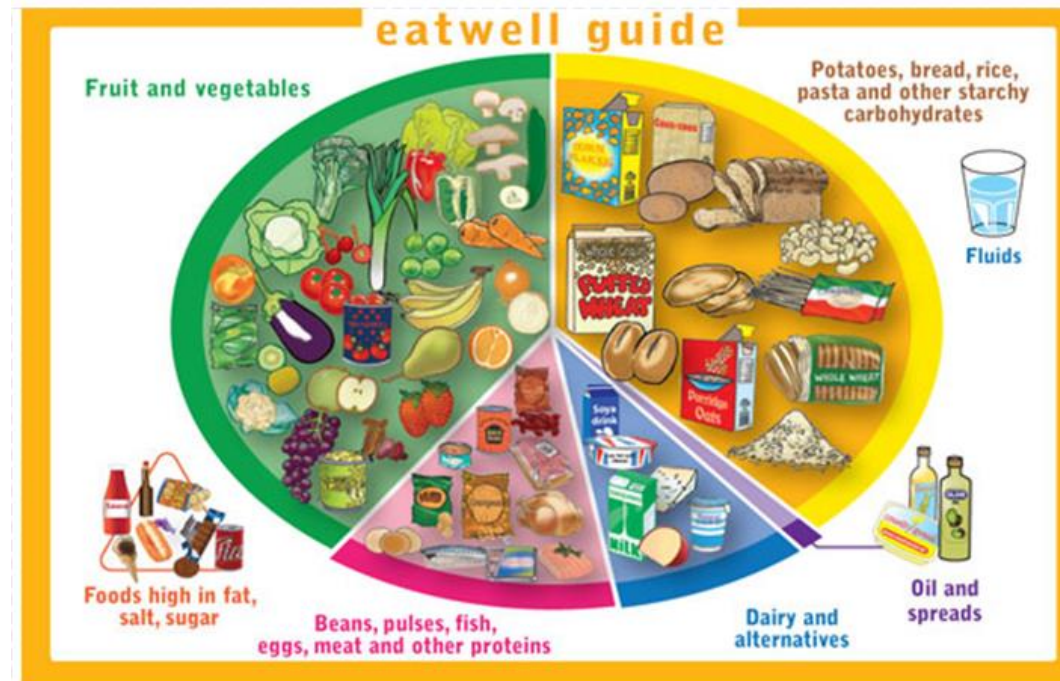
- Identify and name a variety of common animals including fish, amphibians, reptiles, birds and mammals
- Identify and name a variety of common animals that are carnivores, herbivores and omnivores
- Describe and compare the structure of a variety of common animals (fish, amphibians, reptiles, birds and mammals including pets)
- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense

Previous Knowledge

In Year 2, you learnt:

- 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

Key Information



Spellings:

healthy

nutrients

energy

saturated

unsaturated

diet