Boarshaw Primary School - Science

Topic: Animals including humans (Skeletons)	Year: 3	Strand: Biology

What should I already know?

- Animals, including humans, have offspring which grow into adults.
- Understand the basic needs of animals, including humans, for survival (water, food, air).
- Appreciate the importance of exercise, eating healthy food and hygiene.

What will I know by the end of the unit?

Small steps

Step 1	Food groups
Step 2	Understand the five food groups
Step 3	Balanced diets
Step 4	Compare diets
Step 5	Animal diets

Key vocabulary

- **carbohydrates** – found in foods such as bread, cereals, pasta and rice



- **proteins** – found in foods such as eggs, beans, fish and meat



- **dairy products** – food made from the milk of an animal



- **fats** – found in foods such as avocados, oil, butter, fried food and nuts





- **sugars** – substances used to make food and drinks sweet



- **diet** – the food that an animal needs to survive





- **herbivore** – an animal that eats plants



- **carnivore** – an animal that eats other animals



- **omnivore** – an animal that eats other animals and plants



Factual knowledge

- Humans need the correct types and amount of food.
- Humans get their nutrition from what they eat.
- Food can be sorted into five food groups – fruit and vegetables, carbohydrates, proteins, dairy products and alternatives and fats and sugars.
- Fruit and vegetables provide the body with essential vitamins.
- Carbohydrates provide the body with energy.
- Proteins help with muscle growth and repair.
- Dairy products contain calcium, which is good for teeth and bones.
- Fats can be grouped into healthy and unhealthy fats.
- Animals need the right type and amount of nutrition. They cannot make their own food. Instead, they get their nutrition from what they eat.
- Carnivores are animals that eat other animals.
- Herbivores are animals that eat plants.
- Omnivores are animals that eat other animals and plants.

What are the 5 food groups?



















