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

## What should I already know?

- 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?

- 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?

- 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.

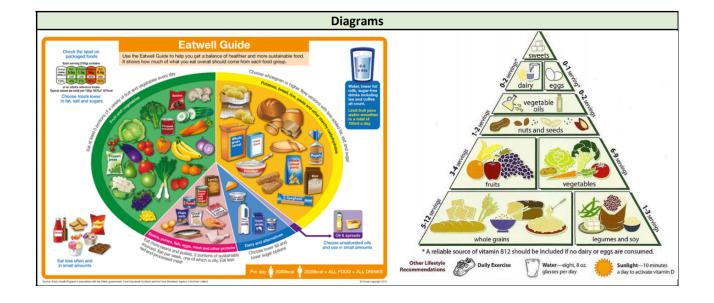
### What are the different types of nutrients?

- Protein
  - help your body to grow and repair itself
  - examples include red meat, yogurt, beans
- Carbohydrates
  - give you energy
  - examples include bread, potatoes, pasta
- Fats
- give you energy
- examples include nuts, oils, avocados
- Vitamins
  - keep your body healthy
  - examples of foods high in vitamins include oranges, carrots and nuts
- Minerals
  - · keep your body healthy
  - examples of foods high in vitamins include milk, sweetcorn, spinach
- Fibre
  - helps you to digest the food that you have eaten
  - examples of foods high in fibre include wholegrain bread, cereals and lentils
- Water
  - 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	a variety of food that you
diet	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 <b>nutrients</b>
	in those foods
starchy	foods that contain a lot of starch (a
	nutrient which gives you energy)



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