

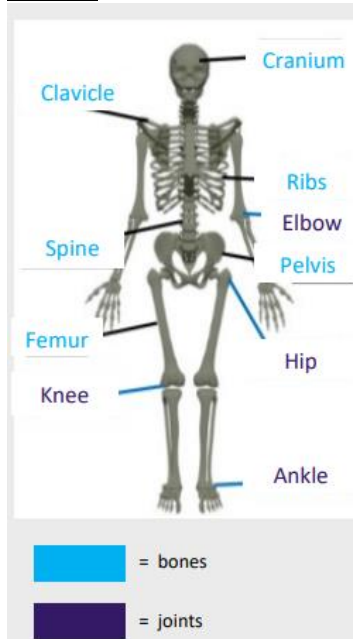
Holy Family Catholic Primary School Cronton

Year 3: Science Summer Term 3

What I should already know:

- * What I have already learned
- * Key parts of the human body and what they do.
- * There are five types of vertebrates (mammals, fish, reptiles, amphibians, birds).
- * All animals need water, air and food to survive.
- * The different ways in which humans can be healthy

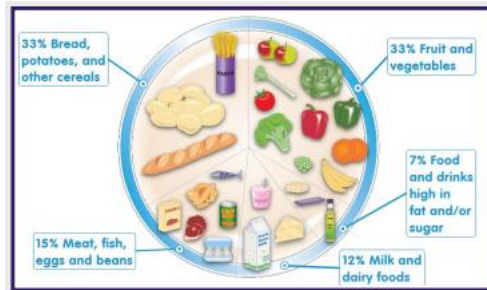
Fact File



Unit 5: Amazing Bodies

What I will know by the end of the unit:

- * 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;
- * Identify that humans and some other animals have skeletons and muscles for support, protection and movement.



Key Scientist

Elsie Widdowson (1906-2000) was a British dietician and nutritionist who loved experiments. She wrote a book which told us for the first time what energy and nutrition was in different foods. She also played a key role in wartime rationing.



Theme: Animals Including Humans

Vocabulary

Carbohydrates	Sugars and starches found in foods such as potatoes, rice, bread and cereals.
Fats	Oils found in food such as butter, meat and fish
Fibre	Part of food which is not broken down easily in our bodies during digestion in things like beans, peas and broccoli
Healthy	In a good physical or mental condition.
Invertebrate	A creature which does not have a spine
Joints	The connection between two or more bones
Muscles	Something inside your body which connects two bones and which you use when you make a movement.
Nutrients	Something which provides you with essential goodness for life and for growth.
Protein	Major nutrient for the body for energy found in food
Skeletons	It's a strong structure made of bone which supports us so we can stand, protects internal organs from damage and allows movement.
Vertebrate	A creature which has a spin.
Vitamins & Minerals	These help us to grow, form bone

Did You Know That?

To keep your body fit and healthy you need a balanced diet using all of the food groups. **Carbohydrates** – Main source of energy for our bodies (rice, potatoes, pasta and bread). **Protein** – Repairs and builds muscles, organs and immunity (fish, meat, eggs and cheese). **Sugar and Fats** – Stored for energy and creates a layer of fat to keep us warm. Should not have too much of these (chocolate, sweets, butter, oil, cream). **Vitamins and Minerals** – Keeps us growing and fighting infections (fruit and vegetables).
