

Year 3 Autumn 1 – Movement and feeding - What if we woke up and had no skeleton?

Key Vocabulary	
Skeleton	A framework of bone supporting or containing the body of an animal.
Muscle	A band of tissue in a human or animal body that contracts to move.
Relax	To make less tense.
Contract	To squeeze together.
Nutrition	The process of providing the food needed for health and growth.
Carbohydrates	An important source of energy found in starchy food such as pasta, bread and rice.
Minerals and vitamins	Substances that help the body use other nutrients efficiently. Found in fruits and vegetables.
Proteins	Builds, maintains, and replaces the tissues in your body. Found in foods like eggs, nuts, beans, fish, meat, and milk.

Prior knowledge
<p><u>In year 1 we:</u></p> <ul style="list-style-type: none"> Identified the basic parts of the human body and said which part of the body is associated with each sense. Described and compared the structure of a variety of common animals (fish, amphibians, reptiles, birds and mammals, including pets). <p><u>In year 2 we:</u></p> <ul style="list-style-type: none"> Noticed that animals, including humans, have offspring which grow into adults. Found out the basic needs of animals, including humans, for survival (water, food and air). Described how animals obtain their food from plants and other animals, and identified and named different sources of food. Described the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. <p><u>Knowledge and Assessment</u></p> <ul style="list-style-type: none"> I know 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. I know that humans and some other animals have skeletons and muscles for support, protection and movement.

Sticky Knowledge

Humans need to eat a healthy balanced diet.

Nutrition is when we eat food to **give us energy**. Adults and children need lots of energy to help them **keep moving** and keep their **bodies healthy!**

Children also need food to **help them grow**. The Eatwell Plate shown below is a guide to help show us how much of each type of food **we should eat**.

Vertebrates are animals that have a spine or backbone as part of their skeleton. Humans are vertebrates.

Invertebrates are animal that do not have a backbone. A butterfly is an invertebrate.

■ fruit & veg
 ■ dairy
 ■ sugar & fats
■ carbs & starches
 ■ protein