



**Science Topic:** Animals including Humans (Nutrition)

**Year:** 3 **Term:** Spring 2

## Key Knowledge/Content:

- Different animals are adapted to eat different foods.
- Humans need to eat a balanced diet containing a range of nutrients.

## Scientist Focus:

### **Elsie Widdowson (Nutritionist)**

Released a book detailing some of the content in foods and showed people how energy was transferred from their food.

## Links to:

### Prior learning:

To learn about what animals need to survive including water and nutrition.

### Future learning:

To continue to learn about what animals eat, sorting them into categories of carnivores, omnivores and herbivores, before creating food chains.

## Key vocabulary with definition:

### Prior vocabulary:

- Nutrition- The substance that provides human in the body.
- Animal- A living thing that need water and food to live.
- Balanced diet- Different types of food that work to make the body healthy.
- Healthy- When the body works properly and doesn't get weak or poorly.

### New vocabulary:

- Carbohydrate- The body's main source of energy, found in pasta, bread and rice.
- Protein- Builds and repairs the body when it is injured.
- Fats- Used as fuel, but too much can cause weight gain.
- Sugars- Sweet substance that provides the body instant energy.
- Vitamins and minerals- Necessary for healthy functioning of the body.
- Dairy- Food made from milk.
- Energy- The ability to do work and what gives the body the ability to move and work.
- Calories- A unit of energy.

## By the end of this unit

**All children can:** **identify** the main food groups needed to maintain a balanced diet and **describe** why we need to maintain a balanced diet.

**Most children can:** **compare** the diets of humans and different animals and **explain** how different people need different diets.

**Some children can:** **explain** how nutrients are transported around the body and **explain** the effect on the human body if they lack certain food groups.

## Background understanding for teachers and parents:

This unit will look at the food groups that make up a balanced diet and why it is important to maintain a balanced diet. They will compare how a human's diet is different to an animals and talk about how energy is recorded through the use of calories.

## Curriculum Driver (one):

Healthy Lifestyle

### Evidence outcome:

Understand the importance of maintaining a balanced diet through eating from a range of food groups.