

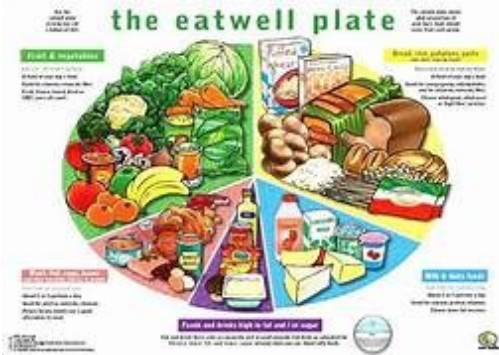


What I should already know:

It is important to eat the right amounts of food to stay healthy.
 All animals and humans need water, air and food to survive.
 The different parts of the human body and what they do.

By the end of this unit I will know:

What food we eat provides us with the nutrition that our bodies require to remain healthy.
 Humans need a range of nutrients in the correct amounts and the role the nutrients play in keeping our bodies healthy.
 Humans and some animals have skeletons and muscles for support, protection and movement.



Investigation:

What do I need to stay healthy?
 Do our bodies affect how well we can do things?
 How good are we at different activities?

YEAR 3: Amazing Bodies

Science: Biology



Working Scientifically

Gathering, recording, classifying and presenting data in a variety of ways to help in answering questions.



Using straightforward scientific evidence to answer questions or to support their findings.

Identifying differences, similarities or changes related to simple scientific ideas and processes.

Reporting on findings from enquiries, including oral and written explanations, displays or presentations of results and conclusions.

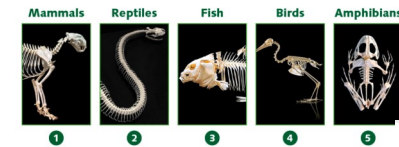
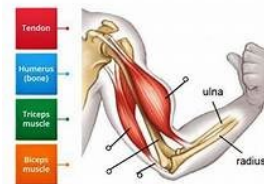
Using results to draw simple conclusions, make predictions for new values, suggest improvements and raise further questions.

Setting up simple practical enquiries, comparative and fair tests.

Asking relevant questions and using different types of scientific enquires to answer them.

I think...

- People with longer legs run faster.
- Shorter people can do forward rolls more quickly.
- People with longer arms can throw a ball further.
- People with small feet can balance better.



Vocabulary

Balanced diet	A diet consisting of a variety of different types of food and providing the correct amount of nutrients necessary for good health
Carbohydrates	Substances that provide energy found in foods such as bread
Muscles	The fibrous tissue in a human which connects two bones and which you use when you make a movement
Nutrients	Substances that are essential for life and growth
Nutrition	The act of eating and using goodness in food to grow and stay healthy
Protein	The substance that the body needs for growth and repair
Roughage	The material found in fruits and vegetables that is not broken down by the body and aids the passage of food and waste products
Skeleton	The framework of bones in a human or animal body
Spine	The back bone in a human and some animals
Vertebrate	A creature that has a spine

