

Key Facts

Humans, like other animals, cannot make their own food. They gain the **nutrition** they need from the **food** they eat. It is important to eat the right type of food in the correct proportions in order to stay healthy.

Different types of food give us different **nutrients**. Most foods contain more than one nutrient and some are much better sources of a particular nutrient than others. For example, meat is a major source of **protein** and **fat**; fruit and vegetables are a source of **vitamins**, **minerals**, some **carbohydrate** and **roughage**. Bread is a source of carbohydrate but it also contains protein and some roughage (especially brown bread).

Carbohydrates give energy to the body which is used for movement and keeping warm. If we do not have enough carbohydrates in our diet we may feel tired. These should make up a third of our diet.

Proteins are essential for healthy growth and repairing our muscles. Without sufficient protein our bodies may not be able to develop strong muscles or repair damaged tissue. These should make up 15% of our diet.

Fats are used to provide energy and to keep us warm, but they are easily stored under the skin and around our internal organs, which can cause obesity and heart disease.

Roughage (or fibre) keeps our digestive system healthy.

Vitamins and minerals keep our body healthy. Vitamin C, for example, is used to keep our gums, skin and joints healthy. The mineral calcium is important in keeping our bones strong.

Water is essential for the body to be hydrated. The amount of food that a person needs to eat (the nutrition required) depends on a number of factors: age, gender and level of activity. There



Science

Year 3

Spring 1

Amazing Bodies

Vocabulary

Word	Definition
Spine	row of connected bones down the middle of the back.
Classify	Arrange (a group of people or things) in classes or categories according to shared qualities or characteristics.
Sugar	sweet material that consists typically colourless or white when pure, and is commonly used to sweeten foods and beverages.
Balance diet	a diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.
Carbohydrate	A food group that releases sugar and gives the body energy
Protein	nutrient found in food (as meat, milk, eggs, and beans) is essential for normal cell structure and function
Fats	Food group that fuel the body and help absorb some vitamins. They also are the building blocks of hormones and they insulate the body
Nutrient	substance that is needed for healthy growth, development, and functioning
Vitamins	Any of a group of organic compounds which are essential for normal growth and nutrition
support	bear all or part of the weight of; hold up.

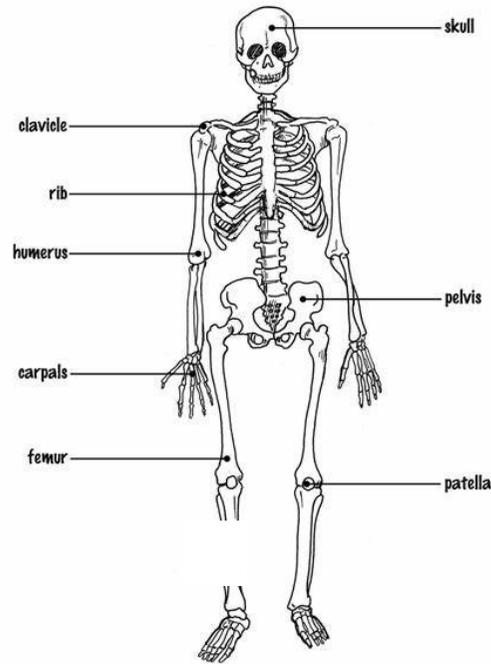
Knowledge and Understanding:

Children will learn:

The importance of eating the right amounts of different types of food, but will extend this knowledge to understand that the food we eat provides us with the nutrition that our bodies require to remain healthy.

They will learn about the range of nutrients that humans need to consume in the correct amounts and the role that these nutrients play in keeping our bodies healthy.

They will also learn that humans and some other animals have skeletons and muscles for support, protection and movement.



Key skills and concepts:

Children will be able to:

When working scientifically children will ask and answer their own questions about the human body and diet through **classifying**, **pattern-seeking** investigations and by carrying out **research** using secondary sources.

They will have opportunities to gather data and **record** and **present** these in a range of ways.

Key Questions

How do we classify food?

What do we need to eat to stay healthy?

How do we know what food is healthy?

Why do we need a skeleton?

What are vertebrates and invertebrates?

How do muscles help us move?

How do our bodies affect how well we do things?

