

Year 3 – Animals, including Humans

Language for Learning

Through the activities in this topic, pupils should **understand and use key scientific words precisely** - spelling these words correctly. This includes - words with precise scientific meanings (e.g. weight and mass), words with different meanings in scientific and everyday contexts (e.g. drag) and words relating to scientific enquiry (e.g. variable).

Key Scientific Words

Key Word	Definition (Meaning)
Diet	The range of foods that a person regularly eats.
Balanced Diet	Eating a wide variety of foods to provide the right types and amounts of nutrients.
Nutrients	Substances needed to provide our bodies with the materials that it needs.
Carbohydrate	A nutrient used for energy.
Protein	A nutrient used for growth and repair.
Fat	A nutrient used as an energy store.
Vitamin	A nutrient required for health.
Mineral	A nutrient required for health.
Fibre	A nutrient required to help keep our intestines clean.
Water	Makes up a large amount of our bodies.
Function	What something does.
Skeleton	The framework of bones in a living thing.
Muscles	Muscles move bones.
Support	Help carry weight.
Protection	Prevent from damage/harm.
Movement	To go from one position to another.

Key Concepts

Animals, including Humans, need the right types and amount of **nutrients**. Nutrients are the substances in our **diet** that are needed to provide our bodies with the materials it needs.

A **balanced diet** means eating a wide variety of foods that provide us with the right types and amounts of nutrients. There are **seven** nutrients needed in a balanced diet.

Nutrient	Basic Function
Carbohydrate	A nutrient used for energy.
Protein	A nutrient used for growth and repair.
Fat	A nutrient used as an energy store.
Vitamins and Minerals	A nutrient required for health.
Fibre	A nutrient required to help keep our intestines clean.
Water	Makes up a large amount of our bodies.

Animals, including Humans, **cannot make their own food** – they must get nutrition from what they eat.

Humans and some other animals have **skeletons** and **muscles** for **support**, **protection** and **movement**. For example, our **ribs** protect the inside parts of our bodies.

Muscles **move** bones. Muscles cannot push and so need pairs of muscles to pull in opposite directions.

