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| Subject: Science Year: Year 3NC/PoS: * identify 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
* identify that humans and some other animals have skeletons and muscles for support, protection and movement.
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| Prior Learning (what pupils already know and can do)All animals produce off spring. All animals need food, water, air, shelter. Know exercise is important. There are different types of food: dairy, fruit and vegetables, carbohydrates, fats and proteins. know important to eat a variety of food and have good hygiene |
| End Goals (what pupils MUST know and remember)To know the right food is important for a healthy bodyTo know animals get their nutrients from what they eatTo know all animals need the right amount of nutrients from the food they eatTo know carbohydrates and fats provide energy, proteins help with growth and repair, vitamins and minerals keep cells healthy, fibre helps food move through the gut and 70% of the body is waterTo know the skeleton does three jobs: protecting the body parts, supporting the body and letting the body move.To know bones have joints so the skeleton can bend.To know muscles and joints allow movementTo know muscles are soft tissues that are joined to bones and always work in pairs. |
| Key Vocabulary: muscles, tendons, tissue, skeleton, protective, support, vertebrates, ribcage, sternum, pelvis, spine, endoskeleton, exoskeleton, serving, balanced diet, healthy, nutrients, carbohydrates, fibre, vitamins, minerals, fats, protein |
| Session 1: review prior learningWhat do all animals need? Why is exercise important? Name different types of food.Leonardo da Vinci: Vitruvian Man Greeting Card Pack - Book Summary & Video  | Official Publisher Page | Simon & SchusterIntroduce career scientist <https://pstt.org.uk/application/files/3516/4572/2477/Protein_Biochemist_-_Dr_Gulin_Guler-Gane_-_v2.pdf> Show De Vinci’s Vitruvian Man – anatomical drawing of human body. He was fascinated by nature and spent time studying the human body. |
| Session 2: Recap: Name three foods that are dairy, carbohydrates, contain fats and protein LO: to research different nutrientsChildren research carbohydrates, proteins, fats, fibre, minerals and vitamins and examples of food that provide them.Seven types of nutrients:1. Water – essential for survival, makes up 60% of human body
2. Carbohydrates – gives animals energy and prevents loss of muscle mass
3. Protein – building blocks for cells and essential for forming muscles
4. Fats – boosts absorption of vitamins and protects the organs of the body
5. Vitamins – help the bones grow and support the immune system
6. Minerals – helps the body to work properly
7. Fibre – helps the digestive system stay healthy

NB. A piece of food will often provide a range of nutrients. Animals, including humans, cannot create their own food, so must consume plants and/or other animals to obtain energy and nutrients. A balanced diet is one that that contains the right nutrients in the right quantities, and should include carbohydrates, proteins, fats, minerals and vitamins.Nutrients, carbohydrates, protein, fats, vitaminsVocabulary: nutrients, carbohydrates, fibre, vitamins, minerals, fats, protein |
| Session 3: Recap: the 7 nutrients and what they do for the body Lo: to design a healthy meal that contains the right nutrientsDesign a meal showing food groupsVocabulary: balanced diet, healthy |
| Session 4: Recap: Match the food to the nutrientsLO: to research and compare fats and sugars on food packagingCompare food by looking at 100g serving.Vocabulary: serving,  |
| Session 5: Recap: Parts of the body linked to sensesLO: to understand the function of a skeleton<https://www.youtube.com/watch?v=WGd8_hZwnsA> [www.youtube.com/watch?v=fIoBoGSPkws](http://www.youtube.com/watch?v=fIoBoGSPkws) – basic anatomy1. to support the body
2. protect the organs
3. help the body to move

Name some of the major bones.Also look at skeletons of a variety of animals and group themAn endoskeleton is an internal skeleton like in vertebratesAn exoskeleton is the external skeleton that supports and protects an animal'sbody like in ants, bees, crabsVocabulary: skeleton, protective, support, vertebrates, ribcage, sternum, pelvis, spine, endoskeleton, exoskeleton |
| Session 6: Recap: what are an exoskeleton and endoskeleton? What is their function? Name 3 bonesLo: To understand how muscles work<https://www.youtube.com/watch?v=3haTJCOkyxA> how bones and muscles work<https://www.bbc.com/bitesize/articles/zpbxb82> - how do your muscles workMuscle is a soft tissue that produces force and motion and maintains the position of parts of the body.Muscles are joined to bones by tendonsVocabulary: muscles, tendons, tissue |
| Link to career scientist:<https://pstt.org.uk/application/files/3516/4572/2477/Protein_Biochemist_-_Dr_Gulin_Guler-Gane_-_v2.pdf> Orthopaedic doctor <https://www.youtube.com/watch?v=6O4BM53cjSk>  |
| Scientists who have helped develop understanding in this field: Leonardo da Vinci made first anatomical drawings. |