



Science Focus:

Animals, including humans

Year 3

Term:

Nutrition

Things animals need to survive	Water Food Air Shelter
Things humans need to survive	Water Food Air Shelter
Things humans need to be healthy	<ul style="list-style-type: none"> To have a balanced diet of the right amount of different types of food and drink To exercise regularly To be hygienic
What is Nutrition?	Nutrition means animals getting the food they need to grow and be healthy
Can we make our own food?	<p>No.</p> <ul style="list-style-type: none"> Humans and animals can't make their own food They get food by either growing it, hunting it or gathering it
What is meant by growing food?	<ul style="list-style-type: none"> Humans can grow their own food by planting seeds that they later harvest
What is meant by hunting food?	<ul style="list-style-type: none"> Humans can hunt other animals to eat
What is meant by gathering food?	<ul style="list-style-type: none"> Humans can find foods grown in the wild to eat

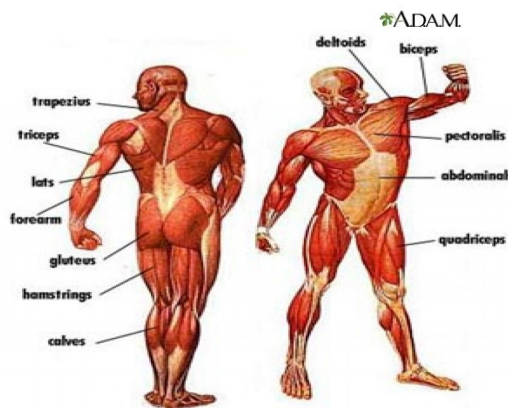
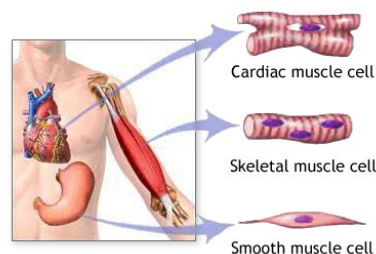
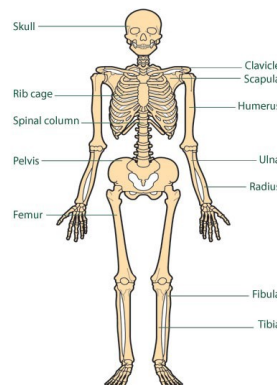
What? (Key Vocabulary)

Spelling	Definition/Sentence
Tissue	Tissue is part of the body of that is made of similar cells
Contract	When a muscle becomes smaller, shorter and tighter

Organisms rely on other organisms for life

Plants can use sunlight to make food they need. Animals need food they can break down which often comes from

Diagrams and Symbols



Skeletons and Muscles

What is a skeleton?	<ul style="list-style-type: none"> A skeleton is a structure of bones that supports the body of a person or animal
12 common parts of the skeleton we should know (There are many more)	<ul style="list-style-type: none"> Skull, clavicle, scapula, rib cage, humerus, spinal column, pelvis, ulna, radius, femur, fibula and tibia <p>(See diagram)</p>
What is skeletal muscle?	Soft tissue in the body that contracts and relaxes to cause movement of the skeleton. These muscles work in pairs
What is Cardiac muscle?	The muscle that is found in the walls of the heart.
What is Smooth muscle?	The muscle that is found in the walls of the other internal organs.
Common muscles we are learning about (There are many more)	<p>Front:</p> <p>Deltoids, pectoralis, biceps, forearms, obliques, rectus abdominals, quadriceps</p> <p>Back:</p> <p>Trapezius, lats, triceps, posterior forearms, lower back, gluteus, hamstrings and calves</p>

Working as a Scientist

- Grouping animals with or without skeletons
- Classify food by how the human 'gets' them
 - Use blue-tac to show the need for warming up muscles
 - Experiments to find out which is the strongest muscle group
 - Test relationships in the body, e.g. does wingspan = height?
 - Predict and find out which muscles work during different activities in PE*