

Hapton CE Methodist Primary School - Year 3 Autumn 2 Knowledge Organiser

Science - Animals Including Humans - Nutrition

I will lift up my eyes to the hills, where does my help come from? My help comes from the Lord, the maker of heaven and earth."

Psalm 121 v 1-2

What should I know ...	I will be taught...	Key Questions ...																																						
<p style="text-align: center;">What I should already know?</p> <ul style="list-style-type: none"> ☉ I have identified and named a variety of common animals that are carnivores, herbivores and omnivores. ☉ I have noticed that animals, including humans, have offspring which grow into adults. ☉ I have found out about and described the basic needs of animals, including humans, for survival (water, food and air). ☉ I have described the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. <p style="text-align: center;">What will I know by the end of the unit?</p> <ul style="list-style-type: none"> ☉ I will identify that animals, including humans, need the right types and amount of nutrition. ☉ I will understand that animals cannot make their own food like plants, they get nutrition from what they eat. 	<ul style="list-style-type: none"> • The names of food groups and what humans need for a balanced, healthy diet. • That animals need the right kind of nutrition • The dangers of over or under eating <p style="text-align: center;">Scientific enquiry</p> <p>During this unit I will:</p> <ul style="list-style-type: none"> ☺ ask relevant questions. ☺ answer questions by gathering, recording, classifying and presenting data in a variety of ways. <div style="text-align: center;">  </div>	<ul style="list-style-type: none"> • What does a person need in a healthy diet? • What seven nutrients do humans need to eat? • What is a balanced diet? • What role does each nutrient have in our diet? • What are the 3 factors that affect how much someone should eat. • What is scurvy? • What is a nutritional deficiency? • Why do people with different lifestyles need different diets? • How do muscles work? • What effect does exercise have on the muscles? • What are medicinal drugs? • What are nicotine and alcohol? 																																						
<p style="text-align: center;">Key Vocabulary and Definition...</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">Balanced plate</td> <td>Eating a wide variety of foods in the right proportions</td> </tr> <tr> <td>Protein</td> <td>Protein is essential for life,</td> </tr> <tr> <td>Nutrition</td> <td>The study of food. How food works in your body.</td> </tr> <tr> <td>Carbohydrates</td> <td>Carbohydrates are an important source of energy in a healthy diet</td> </tr> <tr> <td>Vitamin</td> <td>Vitamins are nutrients that humans need in order to grow, reproduce, and be healthy.</td> </tr> <tr> <td>Mineral</td> <td>Minerals in food are the elements present in food that are required by our body to develop and function properly.</td> </tr> <tr> <td>Carnivore</td> <td></td> </tr> </table>	Balanced plate	Eating a wide variety of foods in the right proportions	Protein	Protein is essential for life,	Nutrition	The study of food. How food works in your body.	Carbohydrates	Carbohydrates are an important source of energy in a healthy diet	Vitamin	Vitamins are nutrients that humans need in order to grow, reproduce, and be healthy.	Mineral	Minerals in food are the elements present in food that are required by our body to develop and function properly.	Carnivore		<p style="text-align: center;">Key skills...</p> <p>Identify and sort food groups. Investigate if there is a correlation between size of body parts and ability to perform different tasks. Look at how you can use graphs as a way to record findings. Use evidence to answer questions and draw conclusions Gather data to make a tally Make careful observations and measurements</p> <div style="text-align: center;">  </div>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%;">Nutrient</th> <th style="width: 55%;">Found in... (examples)</th> <th style="width: 30%;">What it does/they do</th> </tr> </thead> <tbody> <tr> <td>carbohydrates</td> <td></td> <td>provide energy</td> </tr> <tr> <td>protein</td> <td></td> <td>helps growth and repair</td> </tr> <tr> <td>fibre</td> <td></td> <td>helps you to digest the food that you have eaten</td> </tr> <tr> <td>fats</td> <td></td> <td>provide energy</td> </tr> <tr> <td>vitamins</td> <td></td> <td>keep you healthy</td> </tr> <tr> <td>minerals</td> <td></td> <td>keep you healthy</td> </tr> <tr> <td>water</td> <td></td> <td>moves nutrients around your body and helps to get rid of waste</td> </tr> </tbody> </table>	Nutrient	Found in... (examples)	What it does/they do	carbohydrates		provide energy	protein		helps growth and repair	fibre		helps you to digest the food that you have eaten	fats		provide energy	vitamins		keep you healthy	minerals		keep you healthy	water		moves nutrients around your body and helps to get rid of waste
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Omnivore			

