



humans



exercise



nutrients



carbohydrates



protein



energy



Animals including
humans



balanced diet



strength



growth



health



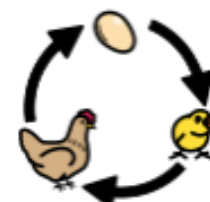
water



heart




food groups



life-cycle

Y3 Science – Animals including humans: Y3 Topic Vocabulary Mat

Subject Specific Vocabulary		Relevant Pictures	Exciting Books/Websites
exercise	Activity requiring physical effort, carried out to improve health and fitness.		https://www.bbc.co.uk/bitesize/topics/zcyycdm/articles/zyb9cmn https://www.bbc.co.uk/bitesize/topics/z7x78xs/articles/zppvv4j
nutrients	A substance that provides nourishment that helps you stay healthy.		Other Information William Patten's school dinners are driven by the knowledge we have of the 5 main food groups. Classes also grow different foods on the roof that contribute to our learning of a balanced diet.
carbohydrates	A source of energy through food. Often slow releasing.		
protein	Helps build and maintain body tissues such as muscle.		
balanced diet	Eating patterns that's have the correct quantity of each diet aspect to maintain healthy living.	What I've learnt already	Key Knowledge
growth	The process of the body getting bigger and stronger.	<u>Y2:</u> <ul style="list-style-type: none"> Knows the different food groups and the benefits of each as part of a healthy, balanced diet. Knows which food groups common foods belong to. Knows that to survive animals need sunlight, water, air, food and a suitable habitat. 	<ul style="list-style-type: none"> Animals, unlike plants which can make their own food, need to eat in order to get the nutrients they need. Food contains a range of different nutrients that are needed by the body to stay healthy – carbohydrates including sugars, protein, vitamins, minerals, fibre, fat, sugars, water. A piece of food will often provide a range of nutrients. Humans and some other animals have skeletons and muscles which help them move and provide protection and support.
life-cycle	The series of stages that a living thing goes through in its life span.		
food groups	The five different types of foods we need for a balanced diet.		