

# Year 3



Animals including  
Humans

Key Vocabulary			



Pre existing knowledge

- The parts of the human body and what they do.
- There are 5 types of vertebrates (mammals, fish, reptiles, amphibians and birds).
- Vertebrates are animals that have a backbone.
- Invertebrates are animals that do not have a backbone.

Key Vocabulary	
Healthy	In a good physical and mental condition.
Nutrients	Substances that animals need to stay alive and healthy.
Energy	Strength to be able to move and grow.
Saturated fats	Types of fats, considered to be less healthy, that should only be eaten in small amounts.
Unsaturated fats	Fats that give you energy, vitamins and minerals.

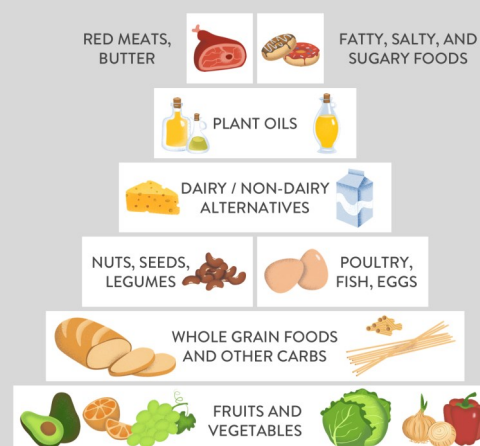
To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.

Animals, including humans, need food, water and air to stay alive.

Plants can make their own food, but animals cannot.

Living things need food to grow and to be strong and healthy.

## A Balanced Diet



### Types of Nutrients

#### Carbohydrates

**Carbohydrates give you energy.**

Foods high in carbohydrates include:

Bread

Pasta

Fruit



#### Protein

**Proteins help your body to grow and repair itself.**

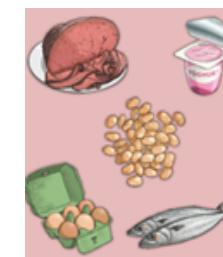
Foods high in protein include:

Red Meat

Fish

Beans

Yoghurt



#### Fat

**Fats give you energy.**

Foods high in fats include:

Nuts

Oils

Avocados

Butter



#### Fibre

**Fibre helps you to digest the food that you have eaten.**

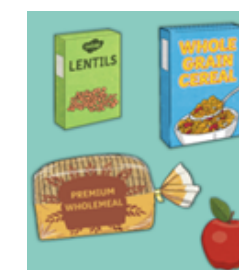
Foods high in fibre include:

Cereal

Apples

Wholegrain bread

Lentils



#### Vitamins and Minerals

**Vitamins and Minerals keep your body healthy.**

Foods high in vitamins include:

Oranges

Carrots

Beef

Nuts



Foods high in minerals include:

Milk

Spinach

Salt

Sweetcorn



#### Water

Water helps to move nutrients in your body and get rid of waste that you don't need. It is an essential nutrient for our survival. While it is really important to drink plenty of water, it is also important to remember that many foods contain water also.

**Foods high in water include:**

Tomatoes

Cucumbers

Lettuce

Strawberries

