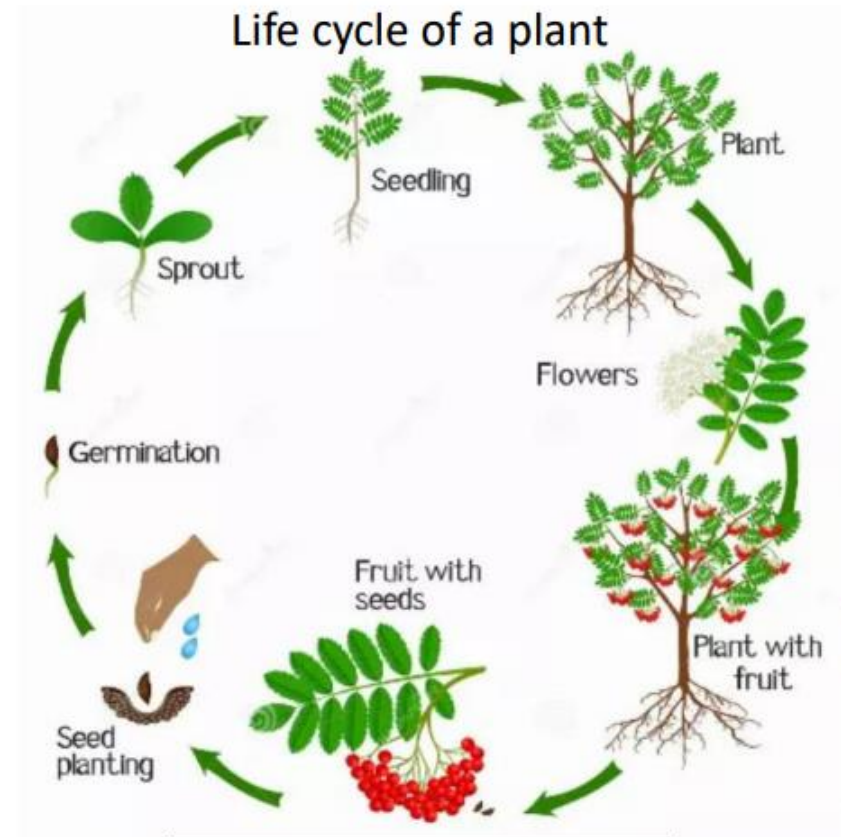


# What makes life go on?- Do living things need different things to survive? (Year 3)



For life and growth, plants need:

|                     |
|---------------------|
| Light               |
| Water               |
| Air                 |
| Nutrients from soil |
| Room to grow        |

## The Eat Well Plate

Fruit and vegetables

Bread, rice,  
potatoes and  
pasta

Meat, fish, eggs, beans

Milk and dairy foods

Foods and drinks high in fat and sugar



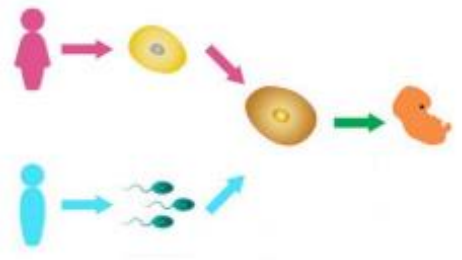


## Key vocabulary

|                              |  |
|------------------------------|--|
| <b>Nutrition</b>             | Food or nourishment  |
| <b>Protein</b>               | Foods that help us repair our cells and create new ones.   |
| <b>Carbohydrates</b>         | Sugars and starches that we need for energy.   |
| <b>Fibre</b>                 | Foods (mostly plants) that help our digestive system function.                                     |
| <b>Fats</b>                  | Fatty foods give us energy and help us absorb nutrients  |
| <b>Vitamins and minerals</b> | Vitamins perform hundreds of roles in the body from converting food into energy to healing wounds. |

*Do different people need different diets?*  
*Do different animals need different diets?*



| Prior Learning<br>(Year 2)   | Local links  | Unit Objectives   |
|--|--|---|
|  <ul style="list-style-type: none"> <li>Seeds and bulbs grow into mature plants</li> <li>Humans and animals have offspring which grow into adults</li> </ul> | <ul style="list-style-type: none"> <li><b>Bluebells, columbine and foxgloves</b> are common wildflowers in our local area.</li> <li><a href="http://Healthysthelens.co.uk">Healthysthelens.co.uk</a> is a great website to learn about healthy eating</li> </ul> | <ul style="list-style-type: none"> <li>Explore the requirements of plants for life and growth (air, light, water, nutrients from soil, and room to grow) and how they vary from plant to plant</li> <li>Investigate the way in which water is transported within plants</li> <li>Explore the part that flowers play in the life cycle of flowering plants, including pollination, seed formation and seed dispersal.</li> <li>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</li> </ul> |
|   |  | <p><b>Where next?</b><br/>Do all life cycles look the same? (Year 5)</p>   |