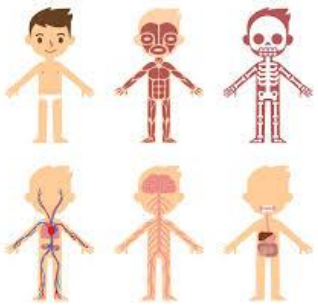
St Peter's Roman Catholic Primary School

Science Year 3

Autumn 1

Healthy Heroes

What is this topic about? In this topic you will learn about what a human body needs to be healthy and what different types of food our bodies need and why. Also we will learn about our skeleton, what it is and why we need it and how exercise is essential to health.



I will show my scientific skills by…

- **Comparing and contrasting** the amount of sugar in drinks or amount of fats in pizzas
- **Exploring/answering questions**
  eg. Can people with longer legs run faster?
  Can people with bigger hands catch a ball better?
- **Researching** different food groups and how they keep us healthy.
- Designing meals based (**Create / Invent/ Design**) on what is healthy

At the end of the Topic I will know…

Animals, need to eat in order to get the nutrients they need.
Food contains a range of different nutrients – carbohydrates (including sugars), protein, vitamins, minerals, fats, sugars, water – and fibre that are all needed by the body to stay healthy.
A piece of food will often provide a range of nutrients.
Regular and varied exercise *from a variety of different activities* is beneficial to health.

KEY VOCABULARY

Nutrition – the contents of food which is beneficial to the body
Nutrients – beneficial parts which food is made up of
Carbohydrates & sugars, – nutrient which provides the body with energy
Protein – a nutrient which helps the body grow and repair
Vitamins & minerals – key nutrients which help the body function (eg **calcium** for bones, **vitamins** for fighting diseases)
Fibre – a nutrient to help our digestive system function
Fat – a nutrient to provide the body with stores of energy
Skeleton- the system of **bones** in the body which supports movement and protects our vital organs. Parts of the skeleton are the **skull, ribs, spine**.
Muscles are soft tissues which expand and retract to enable movement
Joints are where bones meet to help us move in different directions.