



What if my body was empty?

National Curriculum link: Animals including humans Year 3, HT3



Prior knowledge (retrieval practice)

In Y1 we learnt about our 5 senses, about the body structure of different animals and about the feeding habits of carnivores, herbivores and omnivores. In Y2 we learnt about the importance of a healthy diet.

Key Vocabulary (substantive knowledge)

1	survive	Continue to live or exist
2	nutrition	Giving or getting the food necessary for growth and health
3	nutrients	A substance that provides nourishment essential for the maintenance of life and for growth
4	balanced diet	Eating a variety of different types of foods that provide the right amount of nutrients to keep healthy
5	carbohydrates	A group of organic compounds including sugars, starch and cellulose. They can be broken down to release energy in a body.
6	protein	Proteins are made up of 'chemical building blocks' called amino acids. Your body uses these to build and repair muscles and bones and to make hormones
7	fibre or roughage	The food we can't digest in vegetables which helps us pass food and waste through the gut (so we can poo!)
8	sugar	Asexual reproduction produces plants that are genetically identical to the parent plant as there is no mixing of male and female.

9	fat	A small amount of fat is essential for a balanced diet. It is a source of essential fatty acids which the body cannot make itself
10	dairy	Food made from milk with a high level of calcium in it
11	skeleton	A structural frame that supports an animal body
12	skull	A bone structure that forms the head
13	muscles	A band or bundle of tissue that can contract to make movement
14	joints	The places in a human or other animals where bones meet
15	vitamins	Organic substances in food made by plants or animals that our bodies need to develop and work.
16	minerals	Inorganic elements in food that come from soil and water and are absorbed (taken in) by the plants or animals that we eat. Our bodies need them to develop and work. Calcium, iron and fluoride are examples of minerals our body needs



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Key Concepts (substantive knowledge)

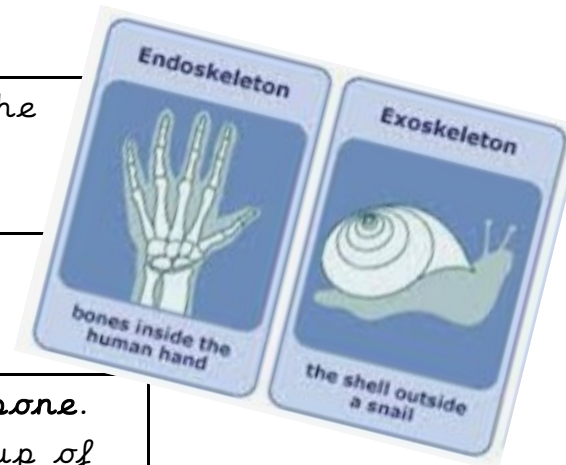
Humans, like other animals, cannot make their own food. They gain the **nutrition** they need from the **food** they eat. It is important to eat the right type of food in the correct proportions in order to stay healthy.

Different types of food give us different **nutrients**.

Most foods contain more than one nutrient and some are much better sources of a particular nutrient than others.

Humans and some other animals have an internal **skeleton** made of **bone**. These animals all have a **backbone** (also known as the **spine**) made up of bones called **vertebrae**. These animals are therefore called **vertebrates**. Mammals, fish, birds and reptiles are all vertebrates.

Insects have an external skeleton (a hard outer covering) which is known as an **exoskeleton**. The skeleton has three functions. It provides support (maintains the animal's shape), helps with movement and offers protection.



Working scientifically (disciplinary knowledge)

Answer own questions

Using a wide range of secondary sources of information.

Noticing patterns

Career Idea:
Dietician or
physiotherapist