

Roby Park Primary School Year 3

Biology

Movement & Feeding



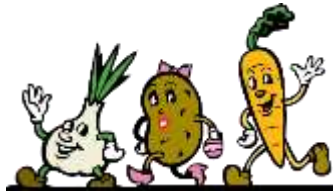
We already know:

- ✓ All animals need water, air and food to survive.
- ✓ The different ways in which humans can be healthy.
- ✓ Examples of healthy and unhealthy food choices.
- ✓ The parts of the human body and what they do.
- ✓ There are five types of vertebrates (mammals, fish, reptiles, amphibians, birds)
- ✓ Vertebrates are animals that have a backbone.
- ✓ Invertebrates are animals that do not have a backbone.
- ✓ All animals need water, air and food to survive.
- ✓ The different ways in which humans can be healthy.
- ✓

We are learning to:

- 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
- Identify that humans and some other animals have skeletons and muscles for support, protection and movement.





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Key Vocabulary

Protection - our skull protects our brain with a covering of hard bone. Our rib cage protects our heart and lungs, but has the flexibility to rise and fall as we breathe. **Joints** - are where 2 or more bones join together. Skeletons bend at joints such as knees and ankles.

Muscles - a band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body.

The Power of Five

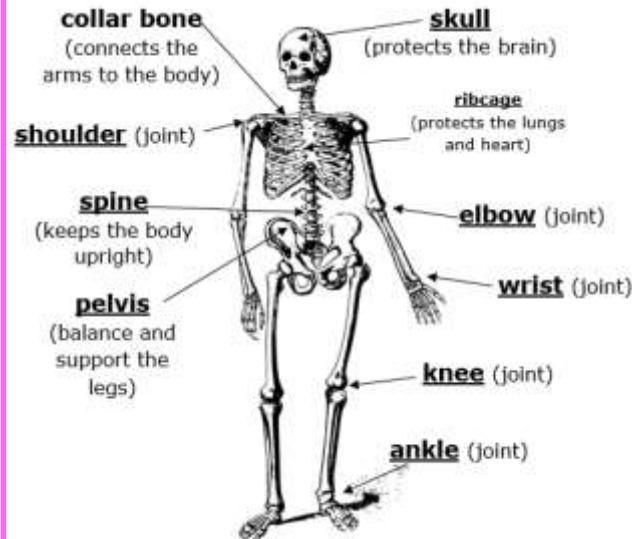
The human body is made up of 206 separate bones

There are over 650 muscles in the human body.



Muscles

Skeletons move because bones are attached to muscles. When muscle contracts it gets shorter. When a muscle relaxes it goes back to its normal size.



Food Groups

Carbohydrates - Main source of energy for our bodies

Protein - Repairs and builds muscles, organs and immunity

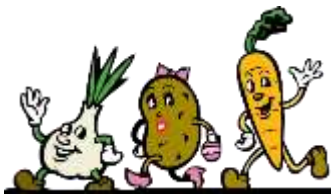
Sugar and Fats - Stored for energy and creates a layer of fat to keep us warm.

Should not have too much of these
Vitamins and Minerals - Keeps us growing and fighting infections

Investigate!

Discuss the different types of food needed in a healthy diet. Research the diet of an animal and present their facts to the rest of the class. Create an interesting presentation about what happens if you eat unhealthily. Use X-Rays to research human bones. Compare, discover and report on the sizes of their hands in a scientific investigation





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3Ws

What is the main source of energy for our bodies?

Which part of the skeleton protects the brain?

Why should you not eat too much sugar?

3 2 1

Name 3 food groups

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.....

List 2 ways to stay healthy

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.....

Recall 1 of source or calcium

.....



Name 5 bones in the human body.



VOCABULARY UNSCRAMBLE

l u l s k
Protects the brain

t o r p i n e
Repairs and builds muscles, organs and immunity.

e s i p n
Keeps the body upright.

Speedy Pencil. Write as much as you can remember in 5 minutes



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