



St James' Church of England Primary School

Science Overview Sheet



Year 3 – Health and Nutrition



Rationale: Pupils should continue to learn about the importance of nutrition

Pre-unit task: Knowledge Organiser Quizzes

Working Scientifically:

- *Comparing and contrasting* the diets of different animals (including their pets).
- *Decide ways of grouping* them according to what they eat.
- *Researching* different food groups and how they keep us healthy
- *Designing* meals based on what they find out.

Additional suggestions from to support pupil understanding

- *Researching* a variety of exercises and pastimes that can help to balance energy in with energy out

Statutory Requirements:

- **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.**
- An adequate and varied diet is beneficial to health (along with a good supply of air and clean water).
- Regular and varied exercise *from a variety of different activities* is beneficial to health (focus on *energy in versus energy out*. Include information on making informed choices).

Overview:

Lesson 1: Nutrition - To sort foods into food groups and find out about the nutrients that different foods provide
Lesson 2: Food Labels - To explore the nutritional values of different foods by gathering information from food labels.
Lesson 3: Skeletons - To sort animal skeletons into groups, discussing patterns and similarities and differences
Lesson 4: Human skeleton - To investigate an idea about how the human skeleton supports movement
Lesson 5: Muscles - To explain how bones and muscles work together to create movement
Lesson 6: Investigating - To design and carry out my own investigation.

Cross Curricular Links

Resources

Real food with labels for the children to examine, Measuring tapes/metre sticks, Chalk, Whiteboards, Scissors, Split pins, Elastic bands – 2 per child, Sticky tack/tape

Notes and Guidance

Most Children will: •Children can talk about what animals and humans need to stay healthy, showing a basic understanding of healthy eating. •Children can talk about how different animals require a different balance of nutrients and can read simple food labels. •Children can name and briefly describe the different types of skeletons. •Children can match labels to some parts of the human skeleton.

Less Able Children will: •Children can talk about what animals and humans need to stay healthy, showing an understanding of the food groups and the nutrients humans need for a healthy diet. •Children can talk about how and why different animals require a different balance of nutrients and can gather and understand a range of information from food labels.

More Able Children will: •Children can talk about what animals and humans need to stay healthy, showing an understanding of the food groups and the nutrients humans need for a healthy diet and why we need them. •Children can talk about how and why different animals require a different balance of nutrients and can talk confidently about what the information on food labels tells us. •Children can confidently describe the features and advantages and disadvantages of different types of skeleton, discussing how they support movement.

•Children can confidently name some parts of the human skeleton.