

Enquiry Question: "We are what we eat." Is there any truth in this statement?

Key Vocabulary

Healthy – in a good physical and mental condition.

Diet – the food that animals and humans eat.

Nutrients – substances that living things need to stay alive and healthy.

Energy – strength to be able to move and grow.

Saturated fats – types of fats, considered to be less healthy, that should only be eaten in small amounts.

Unsaturated fats – fats that give you energy, vitamins and minerals.

Vertebrate – animals with backbones.

Invertebrate – animals without backbones.

Muscles – soft tissues in the body that contract and relax to cause movement.

Tendons – cords that join muscles to bones.

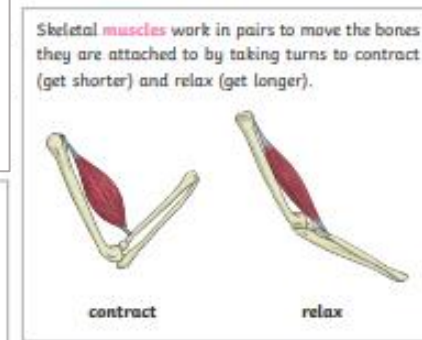
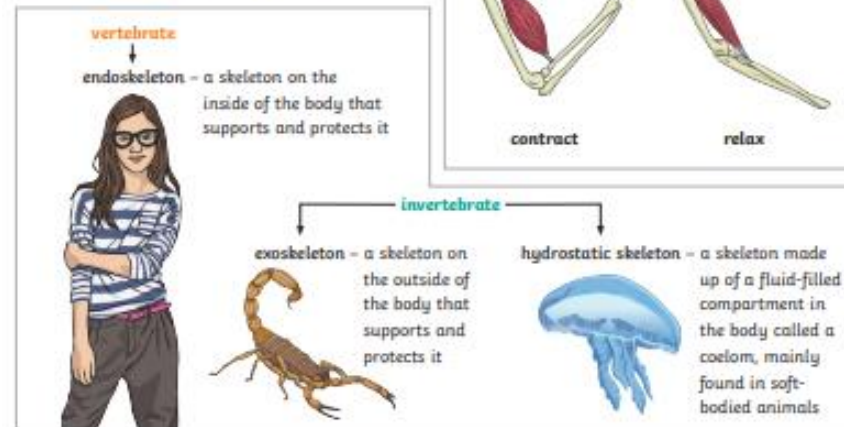
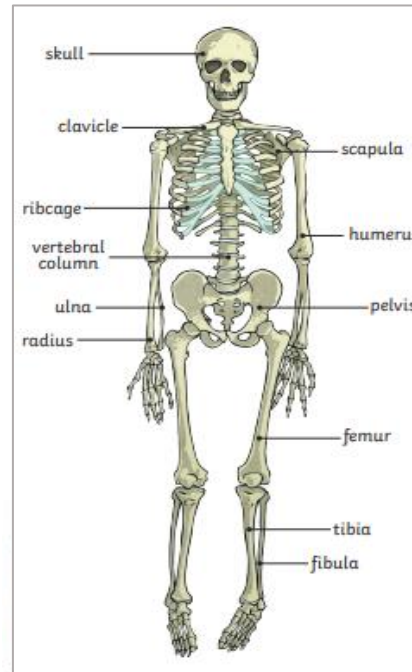
Joints – areas where two or more bones are fitted together.

What should I already know?

- To stay alive, all animals have three basic needs for survival: water, air and food.
- To grow into a healthy adult, we must eat the right types of food in the right amount and ensure we exercise regularly to keep our bodies healthy.
- Some animals give birth to live young and some lay eggs which young hatch from. Both types of young develop into adults. Some offspring look like their parent when they are born, and some develop these features over time.
- All young animals change as they go through the different stages of their life cycle and grow into adults.

Key facts

- Skeletons do three main jobs: protect the organs inside the body; allow movement; and support the body to stop it falling on the floor.
- Skeletal muscles work in pairs to move bones they are attached to.
- Vertebrates have endoskeletons which are found inside the body.
- Invertebrates have either an exoskeleton, a skeleton outside the body, or a hydrostatic skeleton, a skeleton made of up a fluid filled compartment.
- We need carbohydrates, protein, fibre, fats vitamins and minerals to keep our bodies healthy.
- Humans and animals cannot make their own food so need a healthy diet to survive.



Scientific Enquiry

Questions:

- How do we stay healthy?
- How do my teeth help me eat?
- How do muscles and bones help us move?
- Are we what we eat?



Skills:

- Investigate
- Observe
- Questioning and analysing
- Making connections
- Compare
- Evaluate their findings
- Presenting information to a group.

Hyde Park Junior School - Science

Topic: Animals and humans

Year: 3

Strand: Biology

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Question 1: What is the purpose of our skeleton?	Start of unit:	End of unit:	Question 2: What does diet mean?	Start of unit:	End of unit:
A. to protect our organs			A. the kinds of food that a person or animal eats		
B. to allow us to move			B. eating less food		
C. to support our body and keep it upright			C. eating lots of vegetables		
D. all of the above					

Question 3: You should only eat fruit and vegetables if you want to be healthy.	Start of unit:	End of unit:
True		
False		

Question 4: If an animal is a vertebrate, it has...	Start of unit:	End of unit:
A skull		
A backbone		
No backbone		

Question 5: Which of these animals does not have an exoskeleton?	Start of unit:	End of unit:
Crab		
Fish		
Butterfly		

Question 6:	Start of unit:	End of unit:
What is the important role of our teeth?		