



Year 3 - Summer 1 - Science Knowledge Organiser

What I already know...

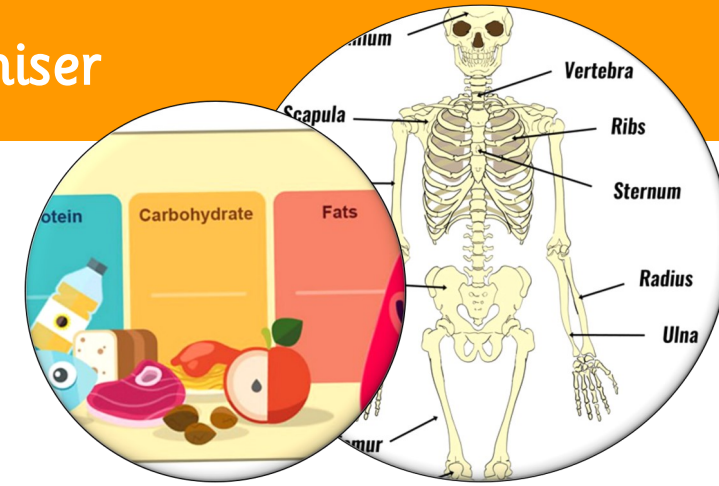
- The names of a range of common animals and their life cycles
- About amphibians, reptiles, mammals, fish and birds
- That different animals can be carnivores, herbivores or omnivores
- Basic parts of the human body and how to look after themselves.

Key Vocabulary

nutrition	food or nourishment
carbohydrates	food that can be broken down to release energy in the body.
proteins	can be found in food and helps build and maintain cells and tissue in your body e.g. muscles and organs.
muscles	parts of the body that contract and relax to produce movement.
organ	part of the body that has a specific, vital function e.g. heart, lungs, brain.
skeleton	the framework of bone that supports or contains the body of an animal.
exoskeleton	a skeleton that is found on the outside of an animal's body

What I will learn...

- Animals, including humans, need food, water and air to stay alive.
- Living things need food to grow and to be strong and healthy.
- Plants can make their own food, but animals cannot.
- To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.
- The different food groups that we need to have a healthy balanced diet: carbohydrates provide energy, protein helps growth and repair, fibre helps you to digest the food, fats provide energy, vitamins and minerals keep you healthy, water - moves nutrients around your body and helps to get rid of waste.
- Skeletons do three important jobs: protect organs, allow movement, support the body and stop it from falling!
- Skeletal muscles work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).
- Different animals have different skeletons and bones adapted to purpose - e.g. exoskeletons, hydrostatic skeleton, endoskeleton



Making a difference at The Merton

Children will learn the importance of a balanced diet and some of the important components of the body - skeletons and muscles. Their work on food will link back to their plants project from the previous term when they planted radish and lettuce seeds and will tie in with a DT cooking project to create a spring salad, re-emphasising the importance of local and seasonal produce.

We will also make close links in our PSHE work where we look at and discuss healthy lifestyle choices.

Making a difference at home

Discuss at home how you get a healthy balanced diet. Over the course of a day, look at the different food groups you eat. Are there any that you need to change?

Find out more:

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j>