



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Science: Animals Including Humans Autumn 1: Year 3

What we eat

Plants can make their own food from sunlight.

Animals (including humans) hunt, gather or grow their food.

Animals and humans have different nutritional needs.

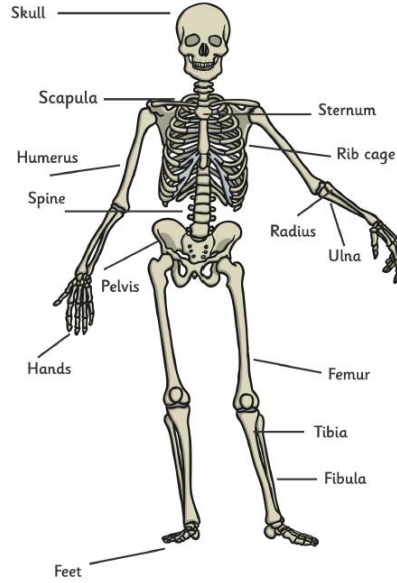
Carnivores get all the nutrients they need from meat.



Herbivores get all of the nutrients they need from plants.



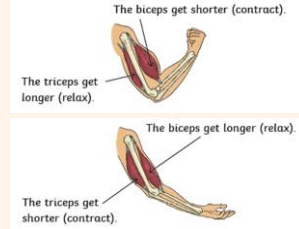
Omnivores need plants and meat in their diets.



Our Skeleton

Skeletons protect the important parts of an animal's body. All vertebrates have skeletons inside their bodies.

Our muscles and bones work together to make us move.



Links to Real Life

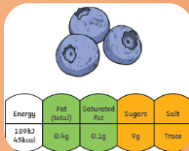
We need a balanced diet to stay healthy. This includes carbohydrates, proteins, fats, fibre, dairy and fruit and veg.



Key Vocabulary

| | |
|----------------------|---|
| nutrients | The things we need to consume (eat) to be able to survive. |
| carbohydrates | These provide energy for the body. |
| proteins | This helps the body grow and repair itself. |
| fats | These also provide energy for the body. |
| fibre | This helps your body digest the food you eat. |
| dairy | This contains important minerals such as calcium. |
| fruit and vegetables | These contain lots of vitamins and minerals that your body needs. You should eat at least 5 portions a day. |

Labels on food can tell us about the nutrients they contain:



Green labels show us that food doesn't contain too much of the nutrients we should eat less of.



We need to make sure we don't eat too much of foods with red labels