**Year 3 Autumn 1 Animals including Humans**

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| **Learning objectives for this topic** | **Key vocabulary** | | **Useful websites to search for** |
| Explain what animals including humans need to stay healthy.  Understand the correct use of some terms relating to staying healthy.  Explain what a balanced diet is  Children can arrange food into groups for growth and activity.  Children can assess how healthy their packed lunch is and show how knowledge of food groups can help build a healthy diet.  Children can talk about the importance of a balanced diet for a pet.  The children can research information using the internet.  Explain the different diets of carnivores, herbivores and omnivores. | **Healthy**  Having or showing good health through the correct diet and exercise.  **Diet**  The sorts of foods that an animal or person usually eat.  **Balanced Diet**  A combination of the correct amounts and types of food.  **Nutrition**  Nourishment. The study of what nourishes people.  **Carbohydrates**  An organic compound such as sugars and starches that break down to release energy into the body.  **Proteins**  An organic compound found in plants and animals and is an essential part of the food of animals and people. | | [http://www.bbc.co.uk/learningzone/clips/a-balanced- diet/10609.html](http://www.bbc.co.uk/learningzone/clips/a-balanced-%20%20%20diet/10609.html).   * <http://www.bbc.co.uk/learningzone/clips/fats-in-our-diet/10611.html> * <http://www.bbc.co.uk/learningzone/clips/carbohydrate-and-fibre/10610.html>   <http://www.animalfactguide.com/animal-facts/>    Image result for The Importance of a Balanced Diet Definition |
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