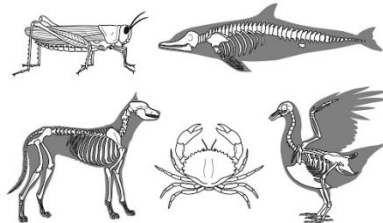




let anyone look down on you because you are young but set an example for the believers in speech; in conduct; in love; in faith and in purity.
(1 Timothy 4:12)

Subject: Science		Year group: 3 Term: Autumn 2	Title: Healthy Humans - Biology																																								
What should I know? • The effect physical activity has on their body • The importance of eating a healthy range of food • The importance of daily physical exercise • The name of basic body parts and where they are • The name of our senses and which body part they are associated with. • That humans have offspring (babies) which grow into adults • That humans have basic needs (water, food and air) for survival • The importance of exercise, hygiene and a healthy, balanced diet		Facts I will learn ... • To identify that animals, including humans, need the right amount of nutrition and that this comes from what we eat • That humans and some animals have skeletons and muscles for support, protection and movement 		Key questions ... • How do we keep healthy? • Why is it important to keep healthy? • What choices can we make for a healthy lifestyle? • How can we group the type of foods that we eat? • How do the different food groups help to keep us healthy? • What are the diets of different animals like? • Can you design a healthy meal/menu?																																							
Key Skills... • Identifying the amount of nutrition we need and where this come • To identify which don't • To locate skeleton animals, includin <table><tr><th>Text</th><th>LOW*</th><th>MEDIUM</th><th colspan="2">HIGH</th></tr><tr><th>Colour code</th><td>Green</td><td>Amber</td><td colspan="2">Red</td></tr><tr><td></td><td></td><td></td><td>>25% of RIs</td><td>>30% of RIs</td></tr><tr><td>Fat</td><td>3.0g/100g</td><td>> 3.0g to 17.5g/100g</td><td>>17.5g/100g</td><td>> 7g/portion</td></tr><tr><td>Saturates</td><td>1.5g/100g</td><td>> 1.5g to 5.0g/100g</td><td>> 5.0g/100g</td><td>> 6.0g/portion</td></tr><tr><td>(Total) Sugars</td><td>5.0g/100g</td><td>> 5.0g to 22.5g/100g</td><td>> 22.5g/100g</td><td>> 27g/portion</td></tr><tr><td>Salt</td><td>0.3g/100g</td><td>> 0.3g to 1.5g/100g</td><td>>1.5g/100g</td><td>>1.8g/portion</td></tr></table>		Text	LOW*	MEDIUM	HIGH		Colour code	Green	Amber	Red					>25% of RIs	>30% of RIs	Fat	3.0g/100g	> 3.0g to 17.5g/100g	>17.5g/100g	> 7g/portion	Saturates	1.5g/100g	> 1.5g to 5.0g/100g	> 5.0g/100g	> 6.0g/portion	(Total) Sugars	5.0g/100g	> 5.0g to 22.5g/100g	> 22.5g/100g	> 27g/portion	Salt	0.3g/100g	> 0.3g to 1.5g/100g	>1.5g/100g	>1.8g/portion	Experiences that school will provide: • A visit from a nutritionist or doctor • A visit from a sports coach • The opportunity to plan and make a healthy meal • A trip to a local super (to do a floor talk). 		<table><tr><td>Exercise</td><td>Physical activity carried out to improve health and fitness.</td></tr><tr><td>Hygiene</td><td>The practise of cleanliness to maintain health and prevent</td></tr></table>	Exercise	Physical activity carried out to improve health and fitness.	Hygiene	The practise of cleanliness to maintain health and prevent
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			disease.
		Fats	A fatty substance, made from animal or plant products, used in cooking.
		Protein	A nutrient found in foods such as meat, milk and eggs.
		Dairy	Foods produced from or containing the milk of mammals.
		Carbohydrates	Foods which are made up of many sugars or starch.
		Fruit	The sweet and fleshy product of a tree or other plant.
		Vegetable	A plant or part of a plant used as food – potato.
		Nutrition	The process of providing the food necessary for health and growth.
		Lifestyle	The way in which a person lives.
Web links https://www.bbc.co.uk/bitesize/subjects/z2pfb9q (Human body area) https://www.topmarks.co.uk/Search.aspx?q=the%20human%20body	Experiences that could be provided at home... - Plan and help make a healthy lunch/picnic - Shopping opportunities where children can look at and compare nutritional information of different products		

		Choice	An act of choosing between two or more opportunities.