


Year 3 – Animals

Scientific Definitions	
Food	A food is a substance that contains nutrients that animals can eat or drink.
Nutrients	A nutrient is a substance that provides nourishment for the body.
Food groups	All foods can be sorted into one of five groups: carbohydrates, protein, fruits and vegetables, dairy, fats, oils and sugars.
Carbohydrates	One of the five food groups. Carbohydrates give the body energy.
Protein	One of the five food groups. Protein give the body energy.
Fruits and vegetables	One of the five food groups. Fruits and vegetables build and repair muscle.
Dairy	One of the five food groups. Dairy provides calcium that helps keep teeth and bones healthy.
Fats, oils and sugar	One of the five food groups. Fats, oils and sugars give the body energy.
Skeleton	A frame inside the body made from bones.
Bones	A piece of hard white tissue making up the skeleton.
Joints	A joint is where two bones join together.
Muscle	A muscle is a soft tissue found inside the body.
Tendons	A flexible cord that joins the muscle to the bone.

Scientific Concepts	
A balanced diet	
Why do animals need to eat?	Animals cannot produce their own food like plants can.
What do animals need nutrients for?	<ul style="list-style-type: none"> • Growth • To be healthy • To have energy
Diagram of a balanced diet	<p>A balanced diet helps us know how much of each food group to eat.</p> 
The skeleton	
Skeleton	A framework made up of bones.
Functions	<ul style="list-style-type: none"> • To support the body • To protect vital organs such as the heart and lungs • To allow us to move

Scientific Diagrams	
The Food Pyramid	
A Joint	