

Guidance for Macros in PowerPoints

We use macros within PowerPoints to increase the interactivity of our presentations. Follow this simple process to get the most out of this resource.

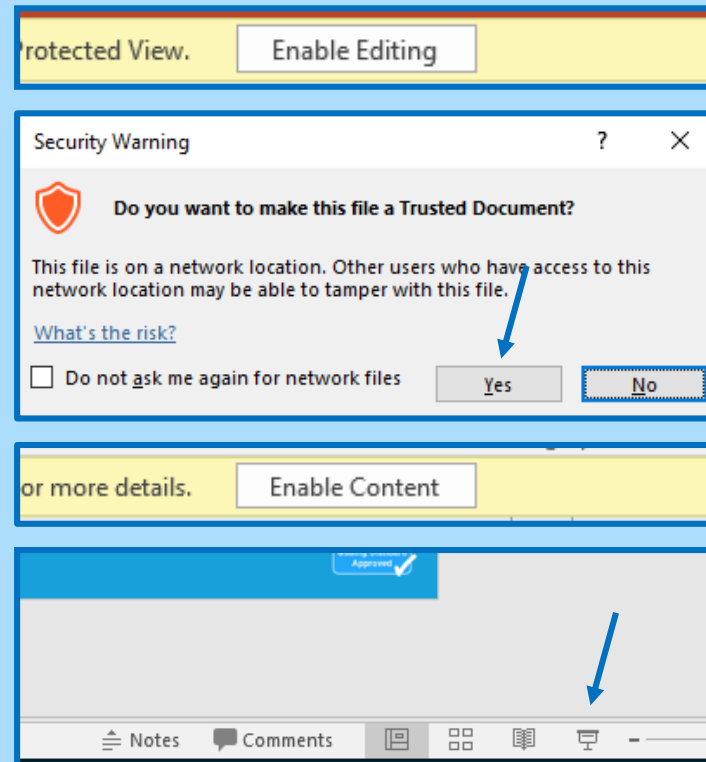
What to do:

Open the PowerPoint file and enable editing.

A security warning box may appear. Click yes.

Click enable content.

Enter presentation mode (start the slide show).



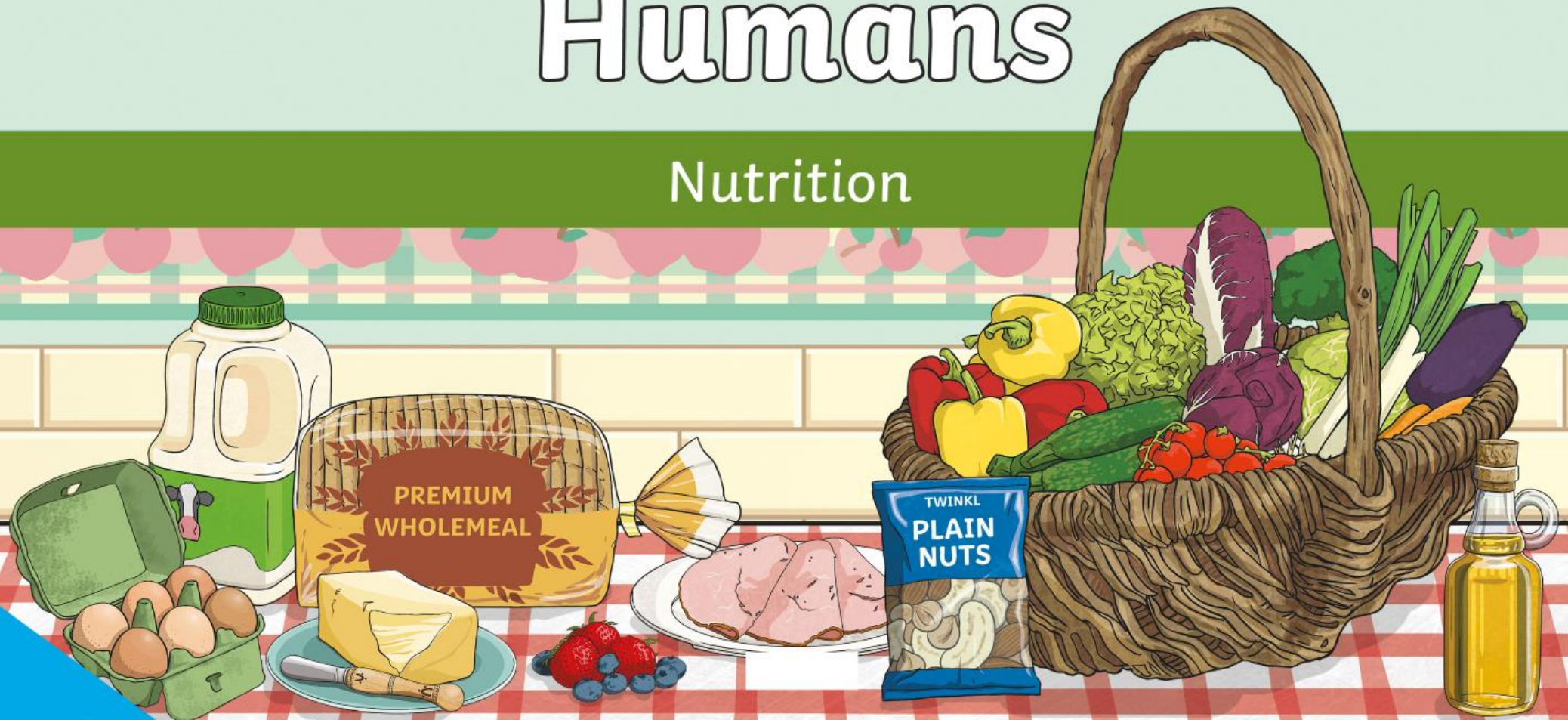


Science

Animals Including Humans

Animals Including Humans

Nutrition



Question Marks

**This is Quizby.
He is a question mark who
loves to ask questions.**



When you see a question mark icon like this in the **Lesson Presentation**, it can be clicked on to reveal one of Quizby's questions.



The questions that appear next to these question marks will help you to think about the key learning throughout the lesson.

Aim

- To sort foods into food groups and find out about the nutrients that different foods provide.

Success Criteria

- I can explain the things that animals and humans need to survive and stay healthy.
- I can sort foods into their relevant food groups.
- I can describe the nutrients provided by a range of foods.



Remember It


In this series of lessons, we will be learning all about foods that animals (including humans) need and also about animals' bones and muscles.

What do you already know about these things?

Spend some time filling in the 'K' column on the **KWL Grid**, writing down anything you know already about food and healthy eating and also about bones and muscles.

Animals Including Humans

K	W	L
What I know	What I want to know	What I have learnt



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Remember It

Look at the prompt questions below and when you have thought about the answers to these, add any more things that you already know to the 'K' section of the grid.

What do you need to stay alive?

What do you need to stay healthy?

Which parts of the human body can you name?

What different types of foods are there?

Do all animals eat the same things?

Where do animals get their food?

Do all animals have the same types of bones?

Do you know the names of any bones?

What are bones for?

What are muscles for?






Remember It

What would you like to know about this topic, which is all about bones, muscles and healthy eating?

Think carefully about this and then add your ideas to the 'W' ('What I want to know') column on the KWL grid.

Animals Including Humans

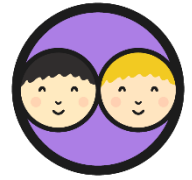
K	W	L
What I know	What I want to know	What I have learnt



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Knowledge Organiser



You will also develop a range of practical skills during this unit.

The key things that you will learn during this unit are on this **Knowledge Organiser**. As you read through it, discuss the answers to these questions with your partner:


Did you know any of these facts already?

Has looking at this answered any of your questions?

Which of these facts will be most difficult for you to remember?

How might we learn more about these things?

Is there anything here that you don't understand?



Animals Including Humans

Key Vocabulary	Nutrient	Found in... (examples)	What it does/they do
vertebrate	in a good physical and		provide energy

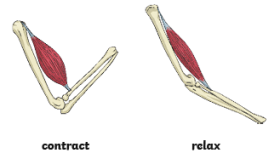
Animals Including Humans Year 3

Key Vocabulary	
vertebrate	animals with backbones
invertebrate	animals without backbones
muscles	soft tissues in the body that contract and relax to cause movement
tendons	cords that join muscles to bones
joints	areas where two or more bones are fitted together

Skeletons do three important jobs:


- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).


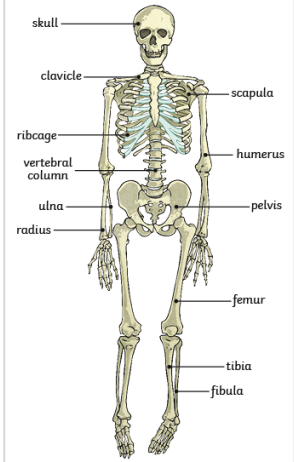


contract **relax**

vertebrate → **endoskeleton**



invertebrate → **exoskeleton** **hydrostatic skeleton**

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Survive and Stay Healthy



- What do animals (including humans) need to survive?

Survive and Stay Healthy



- What do animals (including humans) need to stay healthy?

Survive and Stay Healthy

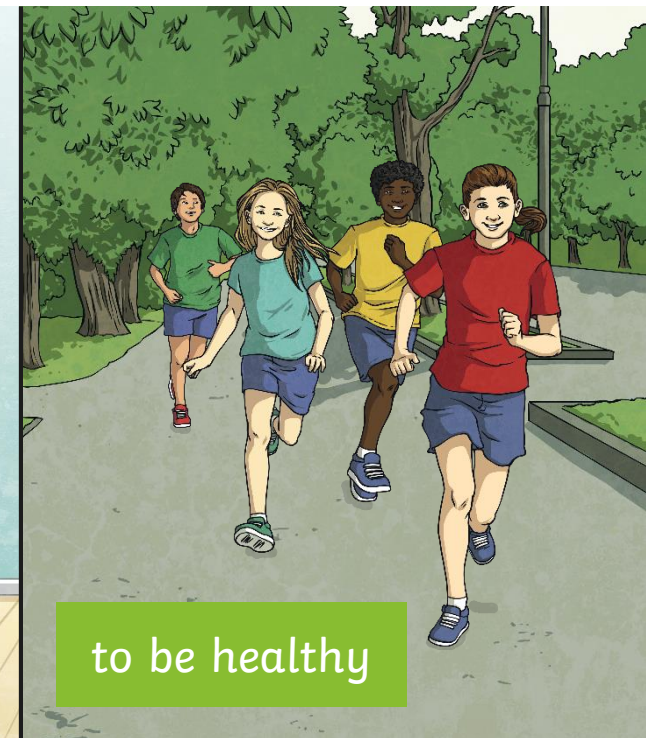
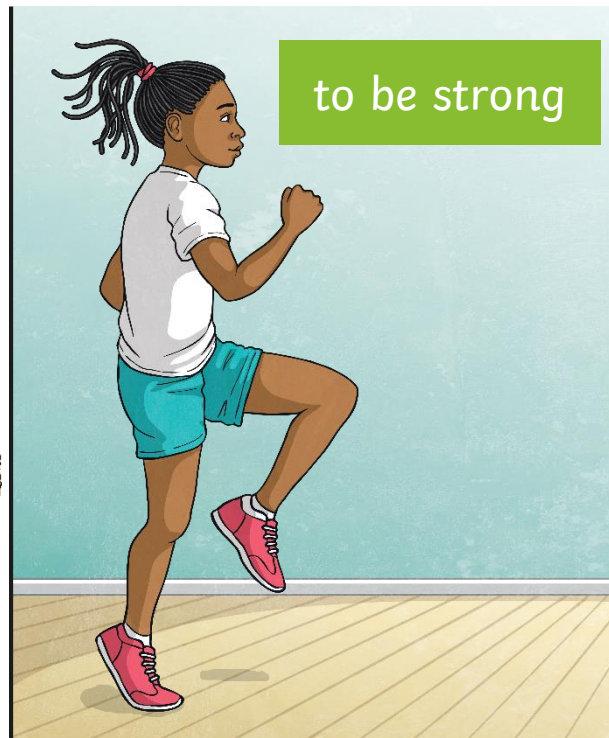


All living things need food.

Why do living things need food?



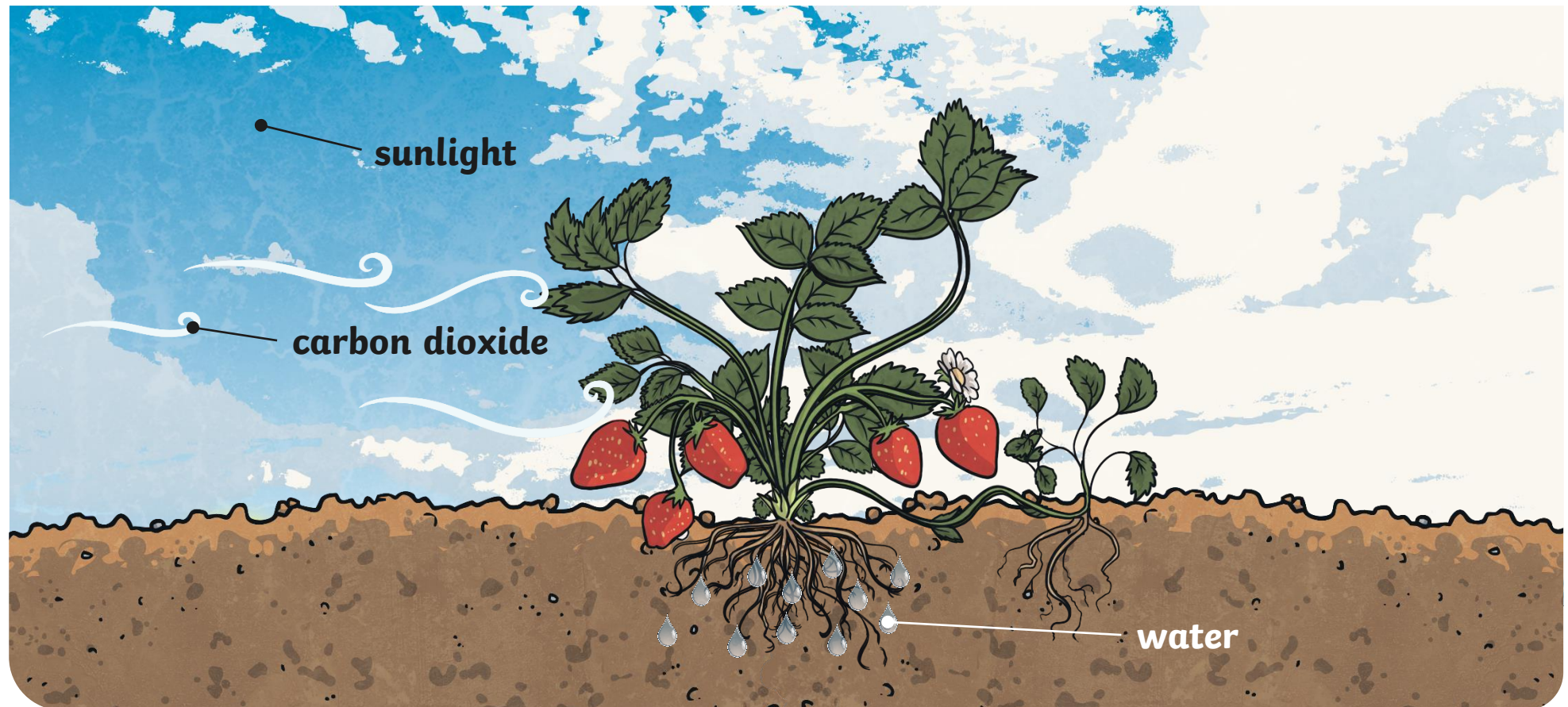
to grow





Survive and Stay Healthy

Plants also need food, water and air to stay alive, but they are able to make their own food. They use water, sunlight and carbon dioxide (a gas found in the air) to produce food within their leaves.

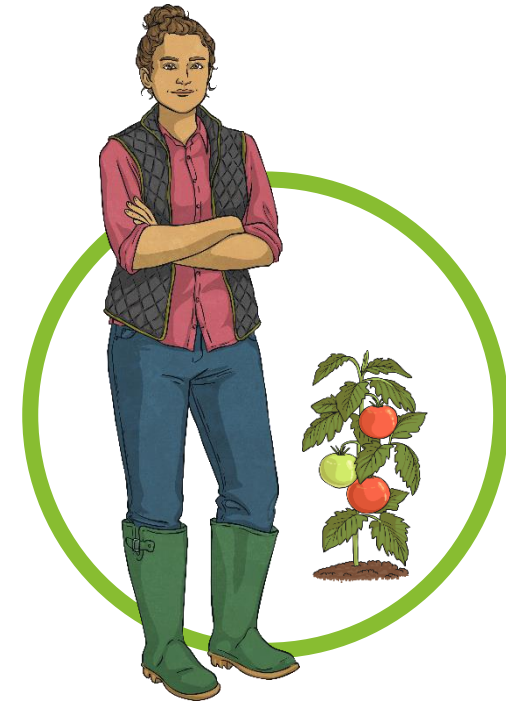
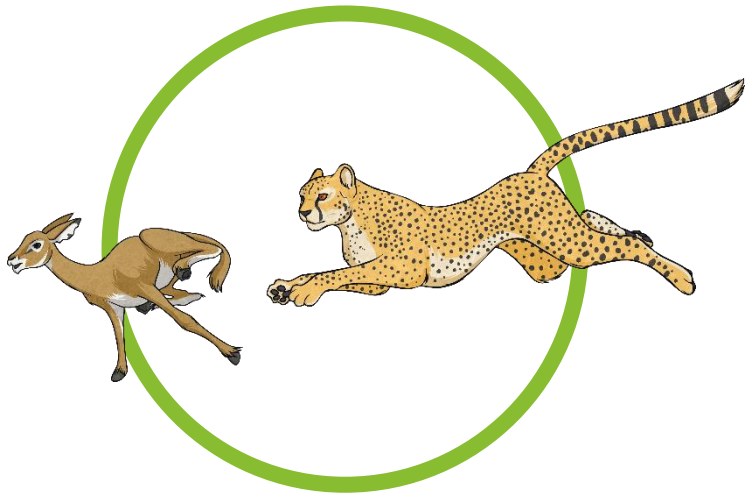




Survive and Stay Healthy

Animals cannot produce their own food in the same way that plants can. How do animals get food?

Animals hunt, gather or grow their food.



X

What do animals need to stay alive?
What do animals need to stay healthy?





Sorting into Food Groups

What food groups can you see here? At humans need to eat, we often talk about foods as being in five main food groups.

Eatwell Guide





Sorting into Food Groups

Let's find out about the different food groups in the eBook.





Sorting into Food Groups

Using the **Sorting into Food Groups Activity Sheet**, work with your group to sort the pictures of foods into their main food groups.



Sorting into Food Groups

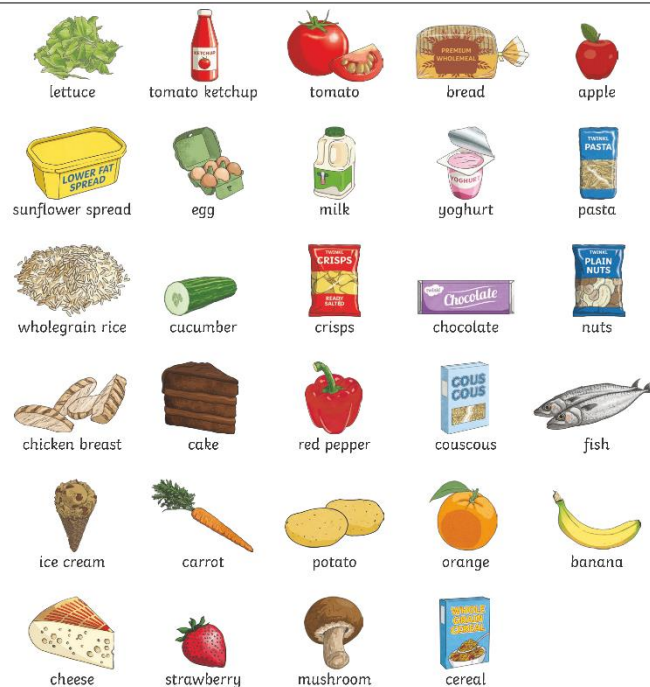
To sort foods into food groups and find out about the nutrients that different foods provide.

Cut out the foods and decide where to sort them on the food groups circle. Put aside any foods that you cannot easily sort into one section.



Science | Animal Including Humans | Nutrition | Lesson 1

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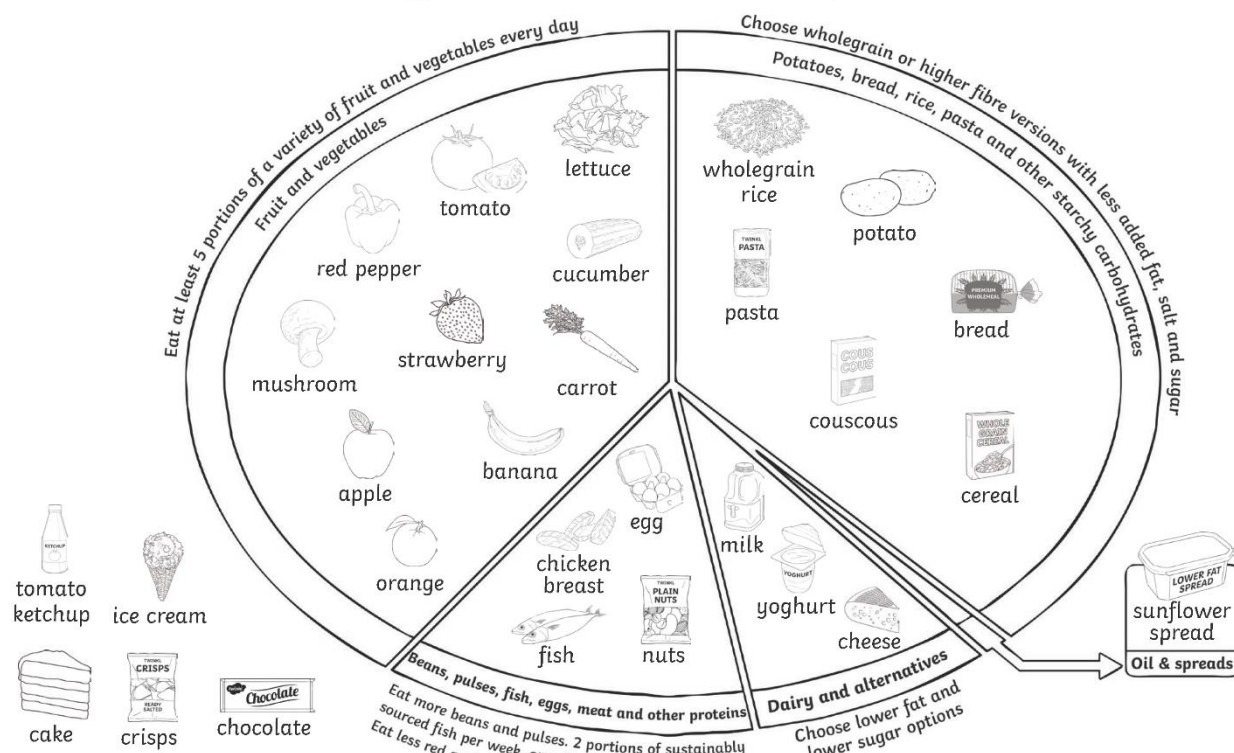




Sorting into Food Groups

- Were there any foods that were difficult to sort?

Sorting into Food Groups Answers



- X** Without looking at the screen, tell your partner the names of the five main food groups.



Nutrients



Nutrients are substances that food contains and that are necessary for the body to function. Most foods contain more than one type of nutrient.



Nutrients

Let's find out more about nutrients in the eBook.





Nutrients Questions

Look again now at your completed **Sorting into Food Groups Activity Sheet**.

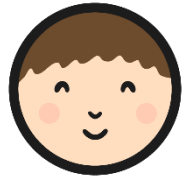
Now that you have learnt about the different nutrients that foods provide, discuss your answers to the questions on the **Nutrients Question Cards**.

Take it in turns to read out a question from the pile of cards for the rest of the group to answer.

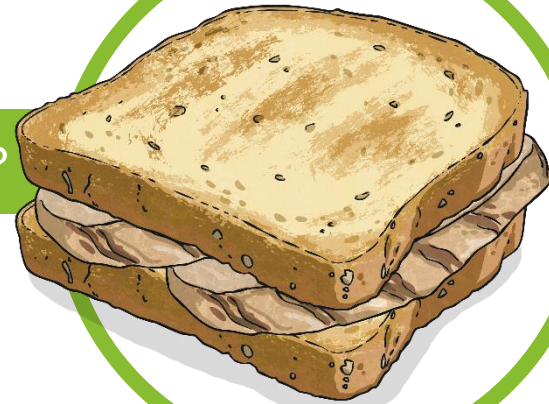
Looking at the **Food Groups and Nutrients Mat** may help you to find the answers, as well as pages 13-20 of the **eBook**.



Comparing Meals

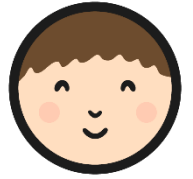


What are the main nutrients that these foods provide?



Food	Food Group	Nutrients

Comparing Meals



Use what you have learnt about food groups and nutrients to compare these two meals.

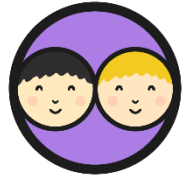
Write down the main food group that each food is in and the nutrients that it provides (remember that many foods provide more than one nutrient).

X

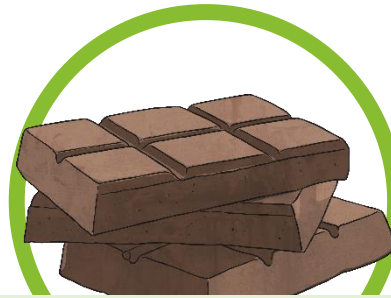
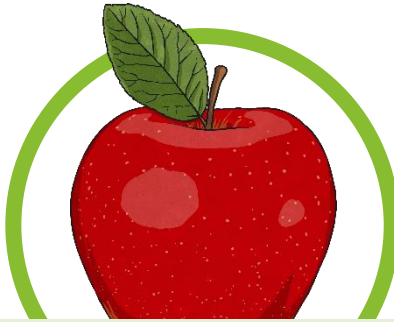
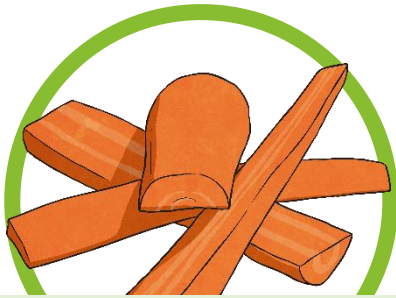
Which nutrients do each of these meals contain?



Snack Time



Tell your partner which of these snacks you think would be the most **nutritious** choice and why.



There are many possible answers.

You may have said that the carrots provide vitamins and minerals.

✓ You may have said that the apple provides carbohydrate and fibre.

You may have said that the chocolate provides carbohydrate but as it also has a high sugar and fat content, it shouldn't be eaten too often.

You may have said that the yoghurt provides protein.

Aim



- To sort foods into food groups and find out about the nutrients that different foods provide.

Success Criteria

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