



Science		Year 3	
Focus: Animals including humans			
Age related vocabulary			
Nutrients	Nutrients are the substances in food that our bodies process to enable it to function.		

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
I can explain how humans get the nutrients that they need.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I know what makes a balanced diet.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can explain why different animals eat different foods.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can explain why vitamins keep us healthy.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can explain why it is important for humans to have a healthy diet.	Before <input type="checkbox"/>	After <input type="checkbox"/>	

Key Knowledge
<ul style="list-style-type: none"><li>• Humans get the nutrients that they need from the food that they eat.</li><li>• A balanced diet means eating a variety of different foods from all five food groups to maintain a healthy diet.</li><li>• <b>Carbohydrates</b> give us energy. They are found in foods such as bread, potatoes and pasta.</li><li>• <b>Proteins</b> help our bodies to repair themselves. They are found in foods such as fish, meat, beans, nuts, seeds, eggs and cheese.</li><li>• <b>Fats</b> help store energy for our bodies. They are found in foods such as butter, cheese, nuts and fried food.</li><li>• <b>Fibre</b> is important for helping us digest our foods. It's found in fruit and vegetables.</li><li>• <b>Dairy</b>- Dairy foods are the main source of calcium – a nutrient we all need for strong bones and teeth.</li></ul>



CARLTON  
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Subject Knowledge Bank