



Year Group: 3

Unit: Animals Including Humans

Subject: Science

How do living things grow and where do they come from?



ANIMALS INCLUDING HUMANS



YEAR 3 SCIENCE



1. HOW ANIMALS GROW AND CHANGE



Some animals hatch from **eggs**.



Some animals are born as **live young**.

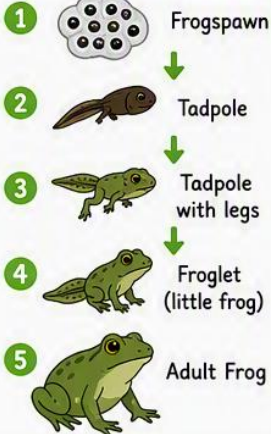


Young animals are called **offspring**.



As offspring grow, they go through different stages called a **life cycle**.

FROG LIFE CYCLE



★ Every stage looks a little different as the frog grows!

2. BASIC NEEDS FOR SURVIVAL

All animals have **three** basic needs for survival.



AIR



WATER



FOOD

Animals may also need:



SHELTER



SLEEP



WARMTH



Drink water throughout the day.



Getting enough sleep helps our bodies rest and recover.

3. EAT A BALANCED DIET

It's important to eat a **balanced diet** to stay healthy and give us energy.

CARBOHYDRATES

Give us energy.

PROTEINS

Help us grow and repair.

FRUIT AND VEGETABLES

Give us vitamins to keep us healthy.

DAIRY AND ALTERNATIVES

Help build strong bones and teeth.

OILS AND SPREADS

Use in small amounts.

★ Choose a variety of foods from each group every day!

4. EXERCISE KEEPS US HEALTHY

Being **active** and **exercising** keeps our bodies and minds healthy.



✓ Keeps us fit



✓ Makes us feel good



✓ Builds strong muscles

5. GOOD HYGIENE KEEPS US HEALTHY

Good **hygiene** helps stop germs from spreading.



Wash your hands with soap.



Brush your teeth twice a day.



Keep your body clean.



Catch coughs and sneezes.



KEY VOCABULARY

adult	A fully grown animal.	diet	The food and drink that an animal needs to stay alive and healthy.
offspring	A young animal produced by a parent.	exercise	Physical activity that keeps our bodies fit.
life cycle	The stages a living thing goes through as it grows.	hygiene	Keeping ourselves and our surroundings clean to stop germs.
develop	To grow and change over time.	nutrition	The nutrients in food that our bodies need to stay healthy.

★ ... **REMEMBER!**

Healthy food
+ **exercise**
+ **good hygiene**
= **A HEALTHY BODY!**

