



Endpoints for Science

Year 3 – Eat Well, Move Well



During this topic, we learn how animals, including humans, survive and stay healthy. They compare the diets of carnivores, herbivores and omnivores, ask scientific questions and use research to spot patterns. Children discover what makes a balanced diet, learn the function of the human skeleton, and investigate how muscles work with the skeleton to help a person move.

What I know and can explain

Animals, including humans, cannot make their own food and need to get nutrition from the food they eat

Humans get nutrition from what they eat

It is important to have a balanced diet made up of the main food groups, including: proteins, carbohydrates, fruit and vegetables, dairy products and alternatives, and fats and spreads

Sugary, salty or fatty foods are not part of a balanced diet, and eating too many of them can cause health problems

Nutrition is the life process of making or finding food to eat.

Humans have a skeleton to support the body and give it shape

A skeleton provides protection for soft, internal organs, such as the brain, the heart and the lungs

Muscles allow us to move, stand upright, breathe, digest food and help to protect our bones and internal organs

Vertebrates are animals with a spine

Invertebrates are animals without a spine

Useful Vocabulary

Carnivore - An animal that only eats meat from animals

Diet - The types of food that a person or animal usually eats

Femur - The largest bone in the leg, also known as the thigh bone

Herbivore - An animal that only eats plant parts

Invertebrate - An animal without a spine, such as a worm, butterfly or octopus

Malnutrition - Poor nutrition caused by eating too much food, too little food, or not enough of the right food, which creates health problems

Omnivore - An animal that eats both animal meat and plant parts