

# Year 3: Plants and Animals, including Humans

## ANIMALS & HUMANS:

Animals produce offspring that grow into adults



Animals, including humans need food, water and oxygen to survive

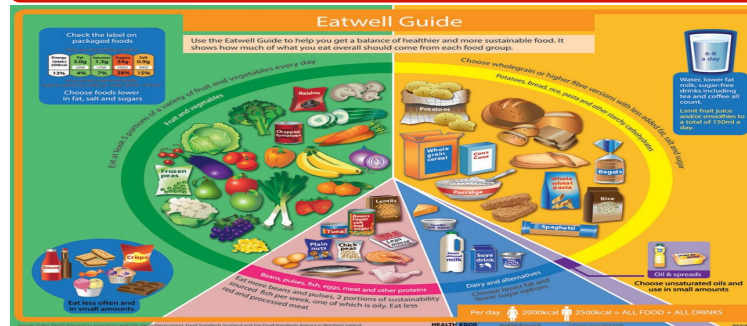


## HEALTHY EATING:

There are 5 basic food groups; fruit & vegetables, carbohydrates, protein, dairy, and fats & sugars.

More than half of our diet should be made up of fruit & vegetables and carbohydrates.

Fat and sugary food should be eaten rarely and in small amounts.



People need to exercise often to help their body stay strong and fit.

Keeping clean, including washing and brushing teeth, is an important part of staying healthy.

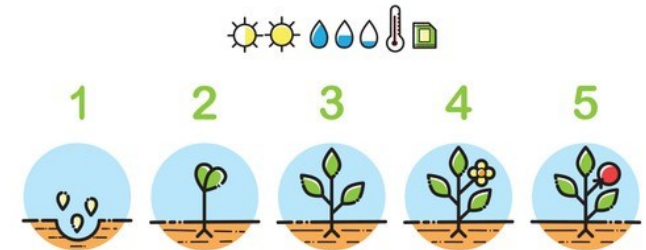
## GROWING PLANTS:

Seeds and bulbs need to be buried underground in soil so that they will grow into adult plants under the right conditions with water and warmth. .

If plants are deprived of light, food, or air, they will not grow and will die.

Plants make up more than half of a human's healthy diet.

## PLANT GROWTH STAGES



Plants, like animals, produce offspring that grow into adult plants.

## KEY VOCABULARY



**ADULT:** the fully grown form a species



**BALANCED DIET:** a variety of food that you regularly eat



**DISEASE:** an illness which affects people, animals and plants.



**EGG:** oval or round object laid by a female bird, fish reptile, or invertebrate



**EXERCISE:** moving your body in order to get fit and remain healthy



**FATS:** natural oil found in humans and animals



**FOOD:** any nutritious substance that people or animals eat in order to maintain life and growth.



**HEALTHY FOOD:** those that provide you with nutrients needs for well-being and energy.



**ILLNESS:** a period of sickness affecting the body or mind



**MINERALS:** inorganic nutrients in food that are essential for growth and health



**OFFSPRING:** a person's or animal's young.



**OXYGEN:** a colourless, odourless gas that is the life supporting component of air.



**SLEEP:** a condition of the body and mind that occurs for several hours every night.



**SPAWN:** eggs laid by fish, frogs or other similar water living creatures.



**SUGAR:** a sweet substance obtained from plants



**VITAMINS:** a group of organic compounds required by the body to enable growth and health.



**BULB:** the things from which new plants grow



**LIGHT:** a brightness that lets you see



**NUTRIENTS:** substances that help plants and animals to grow



**PLANT:** living things that grow on earth and have a stem, leaves and roots



**SEED:** a small, hard part from which a new plant grows



**REPRODUCTION:** when an animal or plant produces on or more individuals similar to itself



**TEMPERATURE:** how hot or cold something is, particularly an environment or person



**WARMTH:** the quality or feeling of being warm; moderate heat



**WATER:** a clear liquid that we drink and comes out of a tap