Science: Food and our bodies Y3 T2

Learning link

In Year 1, you learnt about the basic parts of the human body. In Year 2, you learnt about the importance of different foods, and what humans need to survive. In this unit, you will learn more about body parts and nutrition.

Marie M Daly

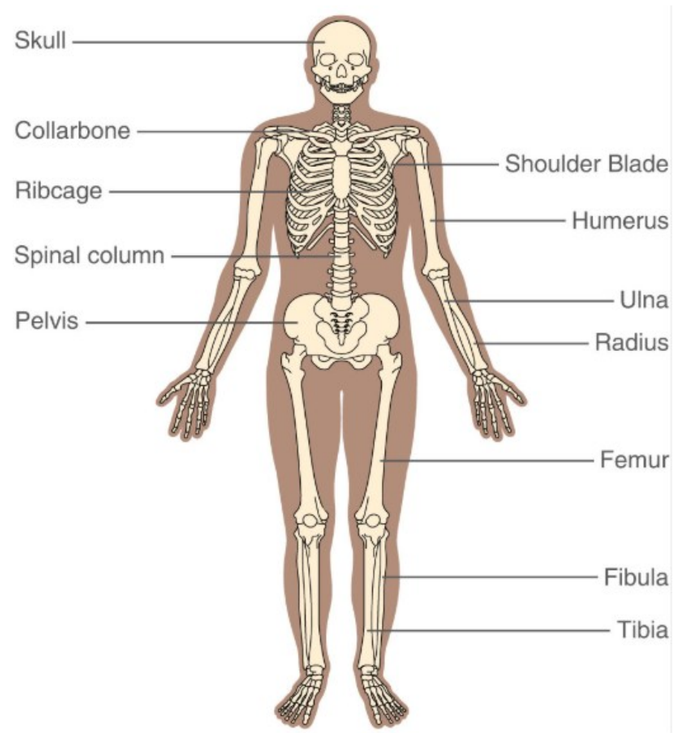
She was an **American bio-chemist** and the first Black person to be awarded a PhD in America. Her research was some of the first to link cho-lesterol and diet with heart dis



Vocabulary

nutrition	You get this from food to help you survive and grow.
skeleton	Your body's strong, bony frame-work that gives you shape, helps you move, and protects important organs like your heart and brain .
joints	Where two or more bones meet.
muscle	Tissue in the body of animals and humans that moves parts of the body.
organs	A group of tissues inside the body that work together to perform different jobs.





Practical

How can you have a healthy, balanced diet? How do doctors help us to stay healthy? How can you look after your mental health?









