

At Hillstone, we believe that it is important to grow up being able to understand how to make healthy choices.

Healthy Heroes

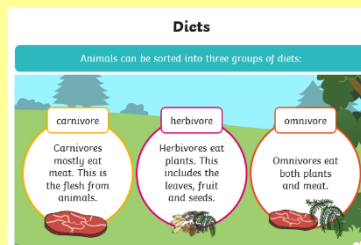
Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste

- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

Voluntary muscles	Involuntary muscles	
Skeletal muscles	Smooth muscles	Cardiac muscle
These muscles are attached to bones. The brain sends a message to the muscles to cause them to move. Skeletal muscles can pull but not push.	These muscles are in the walls of some internal organs and help them to work. There are smooth muscles that move food through the intestines .	This is the heart muscle, which makes up most of the mass of the heart and works to pump blood around the body.

Prior Learning

Previously, you will have learnt about what animals (including humans) need to survive. You have explored where our food comes from and how different animals are classified based on their nutritional needs.



Learning at Home

Find out more about the bones and how the digestive system works, watch these videos.

<https://kidshealth.org/en/kids/bodymovies.html>

Watch this to find out more about the Eat Well Guide

<https://www.youtube.com/watch?v=7MIE4G8ntss>

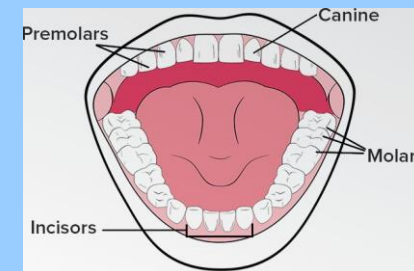
Learn about healthy diets and play along

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j>

You could visit Think Tank Birmingham to explore more...

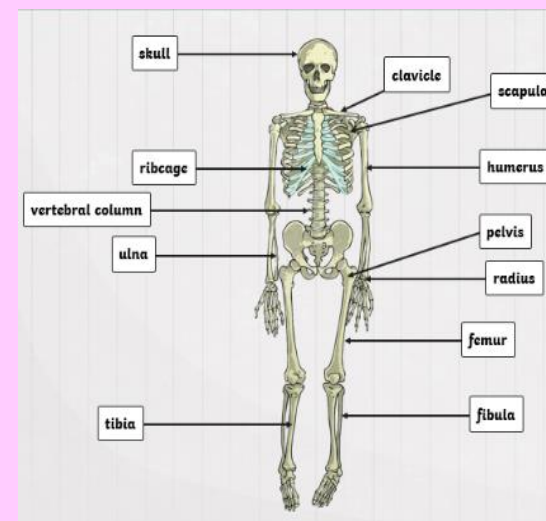
Do you know the jobs your teeth have? Do some research and take the quiz.

<https://www.bbc.co.uk/bitesize/topics/z27kng8/articles/zsp76yc>



Vocabulary

nutrients	molar	incisor	skeleton
joints	digestive system	teeth	premolars
canine	bones	muscles	support



Healthy Heroes

Year 3