

Sir John Offley CE VC Primary School

'With God all things are possible'

KS2 Year 3 Animals, including humans

Question	Answer
Why do we need a balanced diet?	For the body to work properly
Name the four food groups.	1. Carbohydrates 2. Proteins 3. Fats 4. Fibre
Name the 7 nutrient groups.	1. Carbohydrates 2. Proteins 3. Fats 4. Fibre 5. Vitamins 6. Minerals 7. water
Why do we need carbohydrates?	Gives us energy
Why do we need proteins?	Helps the body repair itself
Why do we need fats?	Help store energy for our bodies
Why do we need fibre?	Important for digesting food
What foods contain carbohydrates?	bread, potatoes, pasta
What foods contain protein?	fish, meat, nuts, seeds, eggs, cheese
What foods contain fats?	butter, cheese, fried foods
What foods contain fibre?	fruit, vegetables
What does 'healthy' mean?	In a good physical and mental condition
What are nutrients?	substances that animals need to stay alive and healthy
Why do we need nutrients and vitamins?	to keep us healthy
Why do we need water?	moves nutrients around the body and helps remove waste
What is a saturated fat?	type of fat considered to be less healthy than unsaturated fats
What is an unsaturated fat?	type of fats considered to be more healthy than saturated fats
Can animals make their own food?	No
What do animals need to stay healthy?	exercise, a healthy diet and to be hygienic
What do animals need to stay alive?	food, water, oxygen
How do animals get the nutrients they need?	from what they eat
What happens if don't get enough nutrients?	we can become unwell
What happens if we eat too many fats?	We can become obese
What is an exoskeleton?	a solid covering on the <u>outside</u> of their body
What is an example of an animal that has an exoskeleton?	Snail, ladybird, beetles, crab

Sir John Offley CE VC Primary School

'With God all things are possible'

What is the skeleton?	A framework of bones which muscles are attached to
What is the role of the skeleton?	Support and protect the body, allow movement
What does the skull protect?	The brain
What do the ribs protect?	heart and lungs
What is a muscle?	soft tissue in the body that contract and relax to cause movement
What is a joint?	areas where two or more bones are fitted together