

## Year 3 Grow, Flow, How high does it go? Our Knowledge Mat

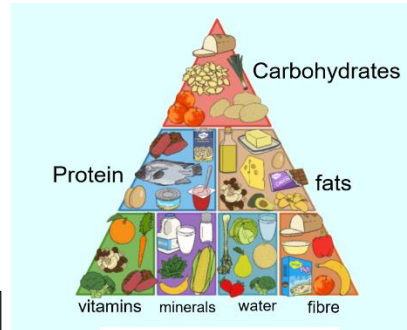
### Animals including humans

There are 5 main food groups. These are Carbohydrates, sugars, fats, protein, dairy, fruit, and vegetables.

There are 7 types of nutrients. We get our nutrients from each food group.

We need nutrients to keep our bodies healthy. Nutrients give our bodies different things.

Protein	Strengthens bones, skin, hair, and muscles. Protein helps us to grow.
Carbohydrate	Gives us energy and helps fuel our bodies.
Fats	Fats can harm our health but are important in a balanced diet. They help our bodies with muscle movement and absorbing vitamins and minerals.
Minerals	Help our bodies build strong bones and teeth. Calcium, iron, and zinc are the 3 most common minerals.
Vitamins	Help us fight off disease, grow, and develop.
Water	Very important for our bodies. Helps our brain work and keeps us hydrated.



There are two types of skeletons.  
There is an endoskeleton and an exoskeleton.  
Humans have an endoskeleton.

### Key vocabulary

**Protein;** naturally found in plants and animals.

**Fats;** a natural oily substance which can form a layer under the skin.

**Fibre;** compounds of a plant which help digestion.

**Minerals;** essential for growth and health.

**Fibre;** compounds of a plant which help digestion.

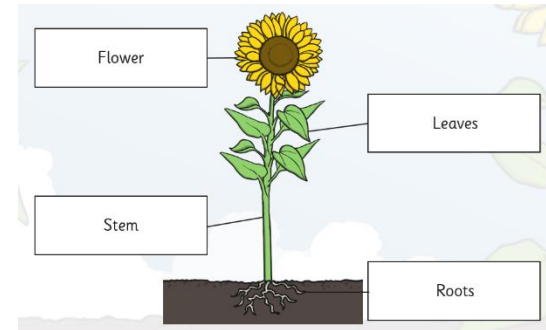
**Carbohydrates;** a substance rich in energy, made of carbon, hydrogen and oxygen.

**Exoskeleton:** an external skeleton

**Endoskeleton:** an internal skeleton

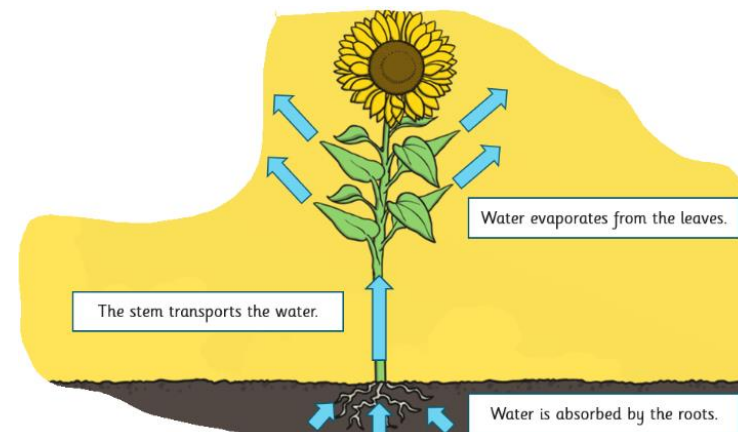


### Plants



There are different ways that seeds can be dispersed.

Animal dispersion	The seeds catch on the animal's fur or are eaten and dispersed through the animals' droppings.
Wind dispersion	The seeds are carried on the wind and scattered.
Water dispersion	The seeds fall in the water and float away
Gravity dispersion	Large fruits fall to the floor and roll away or are split open.



### Key Vocabulary

**Seed dispersal:** the movement, spread or transport of seeds away from the parent plant

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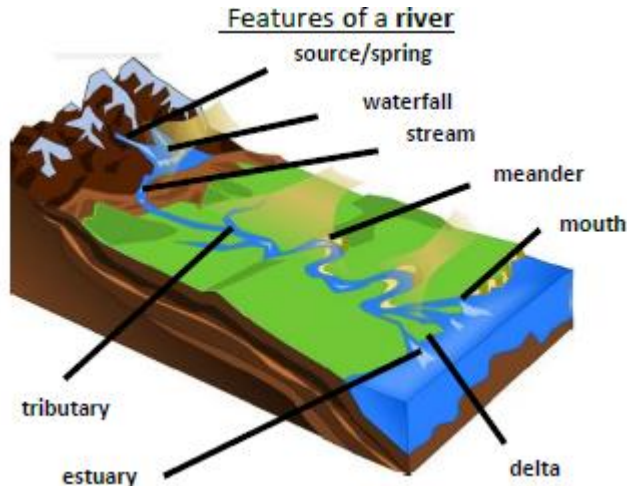
### Rivers

The 5 main rivers in the UK are River Severn, River Thames, River Trent, River Wye and River Ouse.

The Nottingham and Beeston Canal runs through Nottingham and feeds into the River Trent.

The River Maun is located in Mansfield.

Rivers and canals can contribute to trade links,



### Key Vocabulary

**Meander**- a large bend in the river

**Mouth**- Where a river flows into the sea

**Bank**- the land along the edge of a river

**Source** - where something comes from

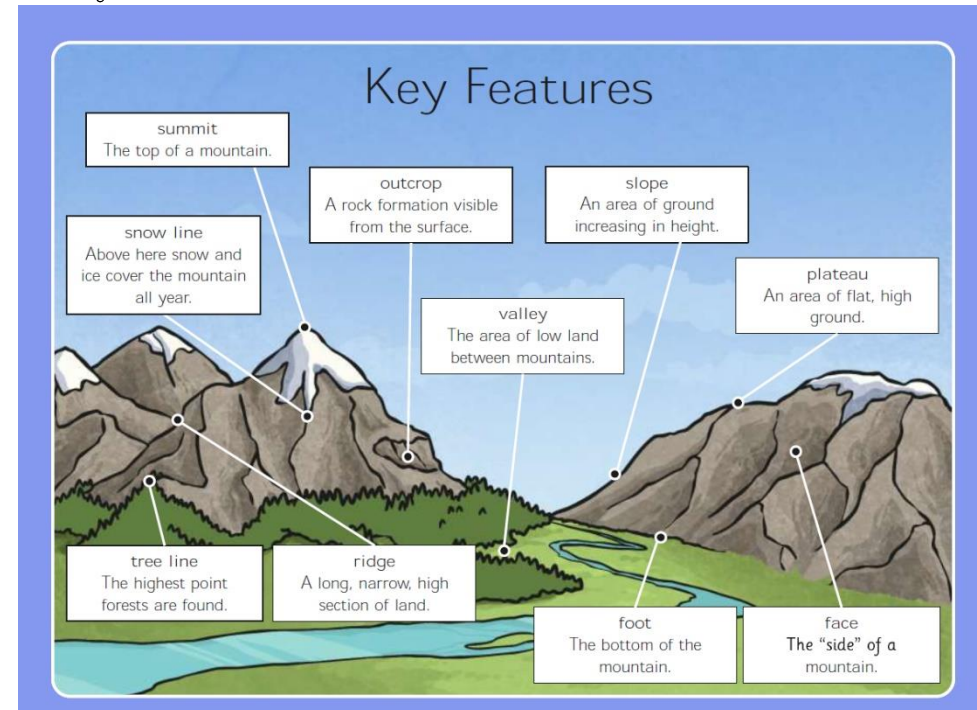
**Canal**- waterways that are made by people that are used for shipping and travel.

**Trade**- buying and selling of goods and services

### Mountains

Mount Everest is the largest mountain. It can be found in the Himalayas, located in Nepal

Ben Nevis, Mount Snowden and Scafell Pike have the highest summits in Scotland, Wales and England.



### Key vocabulary

**Mountain** - a landform that rises high above its surroundings

**Summit** - the highest point

**Peak** - the pointed top of a mountain or ridge.

**Base** - where a mountain meets flat ground.

**Mountain Range** - a group of mountains close together.



