Year 3 Science Assessment: Nutrition and Healthy Bodies

Learning objective: To identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

Read each question carefully. Write your answers clearly using your scientific knowledge. You have 30 minutes to complete this assessment.

Bea the honeybee is busy visiting flowers to collect nectar. She knows that all living things need nutrition to survive. Humans and other animals must eat food to get the nutrients they need, because they cannot make their own food like plants can. A healthy diet includes a variety of food groups to help our bodies grow, stay strong, and have energy for the day.

Word bank: nutrition · protein · carbohydrates · vitamins · minerals · energy · balanced · growth

1. Explain why humans and animals need to eat food. (2 marks) (2 marks)

2. Nova the owl eats mice to stay healthy. Why is it important for animals to have a balanced diet rather than just eating one type of food? (3 marks) (3 marks)

3. Name two different food groups and explain what each one does for our bodies. (4 marks) (4 marks)

4. Max the monkey is planning a meal. He chooses a banana, some nuts, and a piece of chicken. Which of these foods would provide the most energy for climbing trees? Explain your reasoning. (3 marks) (3 marks)

5. If a human stopped eating food altogether, what would happen to their body over time? (3 marks) (3 marks)

6. Max the monkey wants to design a 'Healthy Lunchbox' challenge. Write a short paragraph explaining what a healthy, balanced lunch should contain and why it is important for a child at school to eat this. (5 marks) (5 marks)

Draw: Draw a 'Balanced Plate' showing a variety of food types. Label the different parts of your meal using the words from the word bank.

Extension challenge: Total: /25