

Year 3 - Animals including humans

<u>Key Vocabulary</u>	
Energy	Strength to be able to move and grow
Nutrition	Substances that living things need to stay alive and healthy
Skeleton	Bones surrounding our important organs
Muscle	A soft tissue in the both that contracts and relaxes to cause movement of the skeleton
Healthy	To be in good physical and mental condition
Exoskeleton	A skeleton on the outside of the body
Endoskeleton	A skeleton on the inside of the body
Hydrostatic skeleton	A skeleton formed by a fluid-filled compartment.
Vertebrate	Animals with backbones
Invertebrate	Animals without backbones
Carbohydrates	Provide energy and are found in; bread, potatoes, pasta
Protein	Helps growth and repair. Found in; eggs, meat, fish, nuts, dairy
Fibre	Helps you digest the food that you have eaten. Found in; cereals, fruit, beans
Fats	Provide energy. Found in; oils, butter, nuts
Vitamins	Keep you healthy. Found in; nuts, fruit and vegetables, meat
Minerals	Keep you healthy. Found in; milk, vegetables, salt
Water	Moves nutrients around your body and helps get rid of waste

<u>Key Knowledge</u>
<p>The skeleton has 3 main functions:</p> <ol style="list-style-type: none"> 1. Protection of our organs: <ul style="list-style-type: none"> • The skull protects the brain and the ribs protect the heart and lungs 2. Movement: <ul style="list-style-type: none"> • Muscles are attached to bones, which are jointed. When the muscles contract the bones move. 3. Support: <ul style="list-style-type: none"> • Holds your vital organs in place and holds our bodies upright to stop it from falling on the floor
<p>To be healthy a human needs:</p> <ul style="list-style-type: none"> • To have a balanced diet and the right amount of different food and drink • To exercise regularly • To be hygienic
<p>Skeletal muscles:</p> <ul style="list-style-type: none"> • Work in pairs to move bones • They are attached to bones <p style="padding-left: 40px;">They take it in turns to contract (get shorter) and relax (get longer) to cause movement.</p>
<p>Plants can make their own food, but animals cannot.</p>