

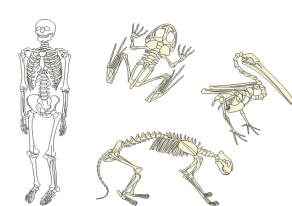

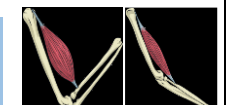


Year 3 - Animals including Humans

SCIENCE KNOWLEDGE ORGANISER

Key Vocabulary		Key Knowledge	
Healthy	In a good physical and mental condition.	All living things need food for energy, to grow and to be strong and healthy.	
Energy	The power and strength needed to move, grow and function.	To stay healthy, humans also need to eat a balanced diet, exercise and be hygienic.	
Food Groups	The food we eat can be sorted into five different groups.	There are seven nutrients that our bodies need:	
Nutrients	Substances that animals need to stay alive and be healthy.	<ul style="list-style-type: none"> - carbohydrates and fats give energy - proteins help us grow and repair - vitamins and minerals keep us healthy - water moves nutrients around our bodies - fibre helps to digest food. 	
Skeleton	The body part that gives support, shape and protection.	There are 3 types of skeleton: endoskeleton exoskeleton hydro-skeleton	
Vertebrate	All animals with a backbone or spine.		
Invertebrate	All animals without a backbone or spine.	Skeletons have three main functions: to protect the organs in the body, to allow movement and to support the body.	
Muscle	Soft tissues in the body attached to bones to cause movement.	Muscles work in pairs to move the bones they are attached to. They take turns to contract (get shorter) and relax (get longer).	
Tendon	Cords that join pairs of muscles to the bones.		
Joint	Areas in the body where two or more bones are fitted together.		

Key Questions	
Which food groups should you eat plenty of?	Fruit and vegetables, Starchy foods like bread, rice, pasta and cereals.
Name some foods containing plenty of protein?	Red meat, fish, beans and pulses, eggs and yoghurt.
What are endoskeletons?	A mostly bony skeleton inside the bodies of all vertebrates.
Can you name some bones in your skeleton?	Skull (cranium), rib cage, spine, pelvis, upper arm (humerus), thigh (femur)
How do muscles work?	In pairs - one muscle contracts while the other relaxes, to move the bones.