

Science Topic : Animals Including Humans

Year 3

Term 1

Key Knowledge

- I know that humans and animals need to eat a balanced diet to stay healthy.
- I know that humans and animals can't make their own food, so they get their nutrients from what they eat.
- I know that the skeleton supports and protects the body in humans and in some other animals.
- I know that the skeleton and muscles allow humans and some other animals to move.
- I know that some animals don't have skeletons.

- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

Skeletons do three important jobs:

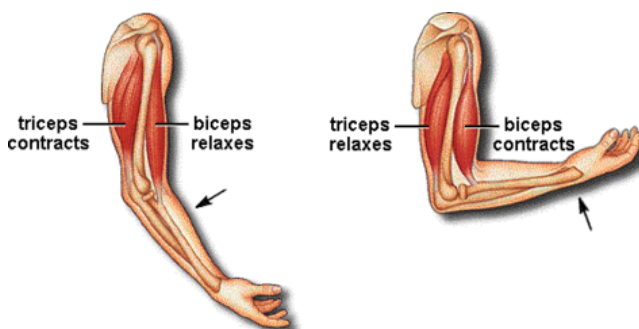
- Protect organs inside the body;
- Allow movement;
- Support the body and stop it from falling on the floor.

Vertebrate

Invertebrate



Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



Key Vocabulary

Vertebrate	Animals with backbones.
Invertebrate	Animals without backbones.
Muscles	Soft tissues in the body that contract and relax to cause movement.
Tendons	Cords that join muscles to bones.
Joints	Areas where two or more bones are fitted together.
Healthy	In a good physical and mental condition.
Nutrients	Substances that animals need to stay alive and healthy.
Energy	Strength to be able to move and grow.
Saturated fats	Types of fats, considered to be less healthy, that should only be eaten in small amounts.
Unsaturated fats	Fats that give you energy, vitamins and minerals.

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste

