

Science

Animals including Humans

Year 3

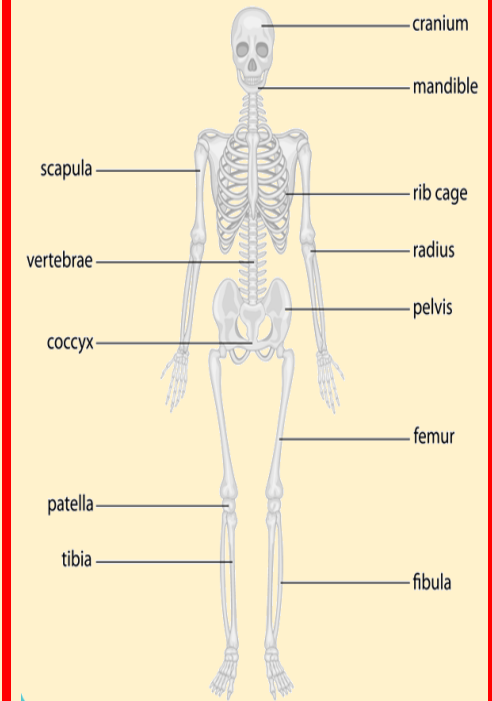
Key Vocabulary

WORD	DEFINITION
balanced diet	a diet that includes a variety of foods from the 6 key food groups:
cartilage	a strong, flexible connective tissue that protects your joints and bones
contract	the tightening, shortening, or lengthening of muscles
endoskeleton	animals with skeletons inside their body
exoskeleton	animals with skeletons outside their body
invertebrate	an animal lacking a backbone, such as an arthropod, mollusc, annelid,
ribcage	an enclosure that comprises the ribs, vertebral column and sternum in the thorax of most vertebrates, protects vital organs
vertebrate	an animal of a large group distinguished by the possession of a backbone or spinal column,
vitamin,	an organic compound, which means that it contains carbon. It is also an essential nutrient that the body may need to get from food.

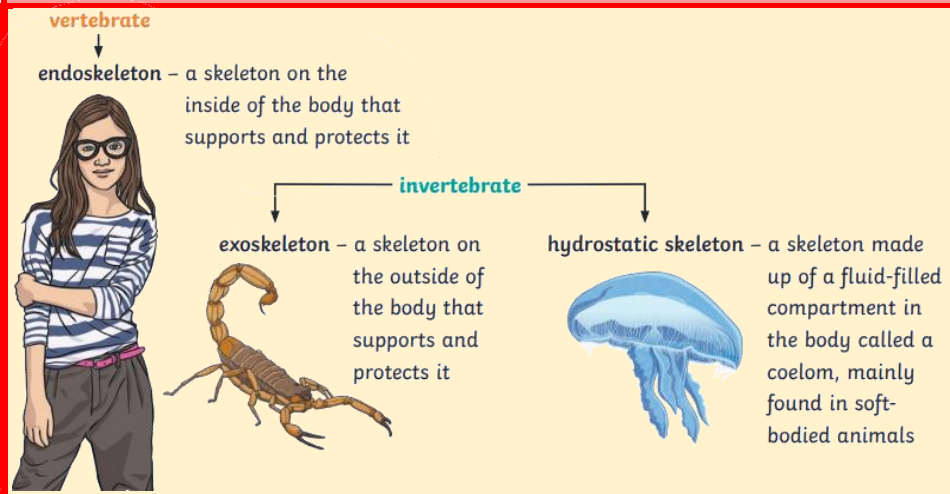
Key Knowledge

- ❖ 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.

The Human Skeleton

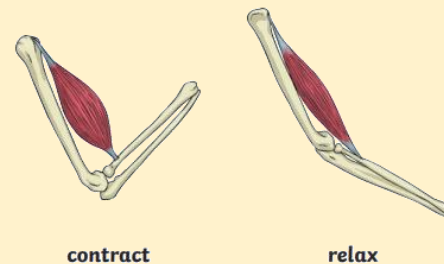


Types of Skeletons



Muscle Movement

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



5 Food Groups

