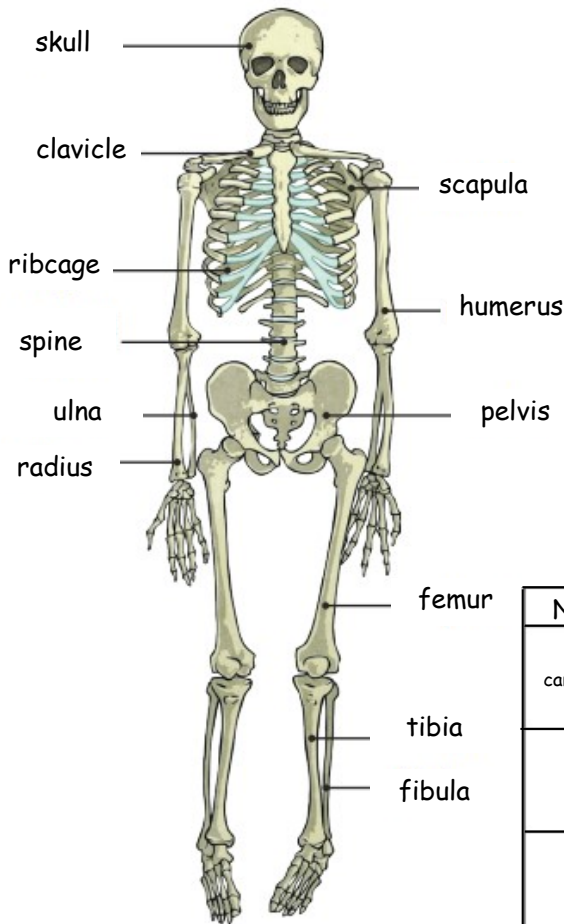


Year 3:

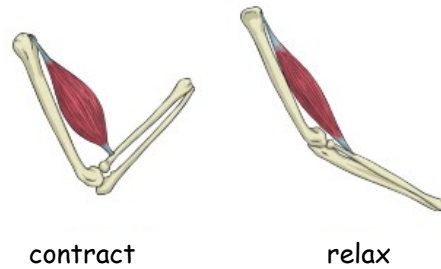
Animals including Humans

Key Learning



Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.



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

- 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.

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

Key Vocabulary

vertebrate	Animals with backbones.
invertebrate	Animals without backbones.
muscles	Soft tissues in the body that contract and relax to cause movement.
nutrients	A substance that is needed for healthy growth, development and body functioning.