

Year 3 Animals inc Humans

Key Vocabulary	
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.
Vertebrate	Animals with backbones.
Invertebrate	Animals without backbones.
Muscles	Soft tissue 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.

- 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, inc humans, need food, water and air to stay alive.

Nutrient	Found in .. (examples)	What it does / they do
carbohydrates	Bread, pasta, potatoes, rice, cereals, sugar	Provide energy
Protein	Eggs, fish, dairy products, meat, nuts	Helps growth and repair
Fibre	Whole grain cereal, brown wholemeal bread	Helps you to digest the food that you have eaten
Fats	Plain nuts, butter, margarine, oils, meat	Provide energy
Vitamins	Nuts, fruit and vegetables	Keep you healthy
Minerals	Milk, red meat, seafood, vegetables	Keep you healthy
Water	bottle of water and food with water in eg tomatoes	Moves nutrients around your body and helps to get rid of waste.

Skeletons do three

- 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).

How Muscles Work:

When you move a part of your body your muscles will either:

- **CONTRACT** – Bulge (get fatter) and shorten

Or:

- **RELAX** – Return to their original length



