

## Key Vocabulary and Facts

### Skeletons and Muscles

**Skeleton** - a structure made from bone which provides a rigid frame for the body

**Muscle** - a soft tissue in the body that contracts and relaxes to cause movement of the skeleton

**Tendons** - cords that join the muscles to the bones

**Joints** - areas where two or more bones are connected. For example the knee or elbow

**Vertebrate** - an animal with a backbone or spine such as fish, amphibians, reptile, birds and mammals

**Invertebrate** - an animal without a backbone or spine. They have a soft body like worms or jellyfish or a hard outer casing covering their body like spiders or crabs

### Nutrition

**Basic survival needs** - animals including humans need water, food and air to stay alive

**Energy** - created by food to keep cells in the body working

**Nutrition** - the process of providing or obtaining the food necessary for health and growth

**Healthy** - when a living thing is in good physical condition as a result of having all its basic survival needs met

**Consumer** - living things that obtain their energy from what they eat

**Exercise** - activities, such as running or jumping that keep animals including humans healthy

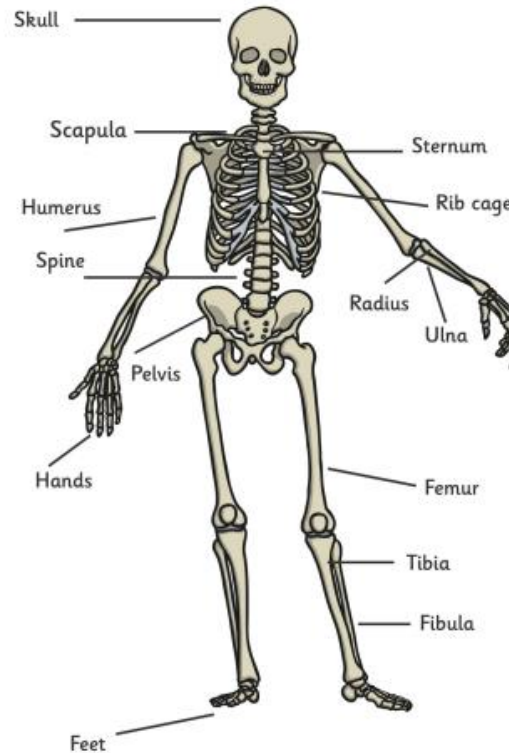
**Diet** - the foods that a human or animal habitually eat

**Food** - substances that provide nutrients to keep a living thing alive

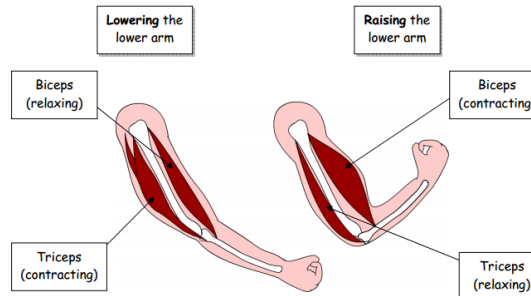
## Animals including humans

### Year 3

### The Human Skeleton



### Muscles



### Skeletons have three important jobs:

1. Protect organs inside the body
2. Allow movement
3. Support the body and prevent it falling to the floor.

### Nutrition



**Balanced diet** - unlike plants, humans and animals do not make their own food, so need to eat to obtain energy. In order to be healthy we need to eat a balanced diet.

**Protein** - required for growth and repair of our bodies. Found in meats, poultry, fish, dairy products, eggs and beans

**Carbohydrates** - provide energy for the body. Found in grains, cereals, potatoes, bread, and pasta

**Saturated fats** - considered to be less healthy and should be eaten in small amounts

**Unsaturated fats** - these give us energy, vitamins and minerals

**Fibre** - helps with the digestion of food that has been eaten

**Water** - moves nutrients around your body and helps to get rid of waste

### *Scientific Skills*

- *ask relevant questions and use different types of scientific enquiries to answer them*
- *gather, record, classify and present data in a variety of ways to help in answering questions*
- *record findings using simple scientific language, drawings, labelled diagrams, keys, bar charts, and tables*
- *identify differences, similarities or changes related to simple scientific ideas and processes*