

Year 3: Animals, including Humans Learning Organiser

Vocabulary

nutrition

Nutrition involves drinking enough water and eating the right amount of items from the four main food groups.

diet

Our bodies need a balanced diet to work properly. This involves drinking enough water and eating healthily.

carbohydrates

Foods like bread, rice and pasta, which give the body its main energy source.

fats:

Saturated fats are less healthy and should only be eaten in small amounts. They are found in butter, milk, cheese and junk food.

saturated unsaturated

Unsaturated fats give you energy, vitamins and minerals. They are found in nuts, seeds and avocados.

protein

These help you build muscles and drive lots of different processes inside your body. They are found in foods like eggs, beans and nuts.

fibre

Helps you digest the food you have eaten

healthy

Being healthy involves eating well, exercising regularly and looking after your body and mind.

balanced

Eating a meal that contains a small portion of carbohydrates, fats and protein.

nutrients

Important substances that come from food that help plants and animals to grow

energy

Strength to be able to move and grow

Human Skeleton

The human skeleton is made of bone and grows as we grow.

Skeletons do 3 important jobs:

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

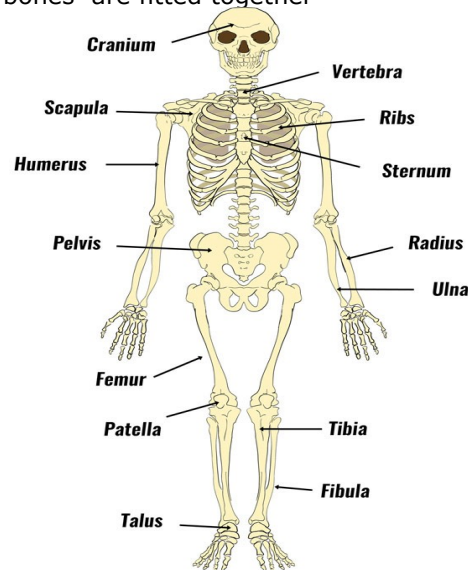
Vertebrate: animals with backbones

Invertebrate: animals without backbones

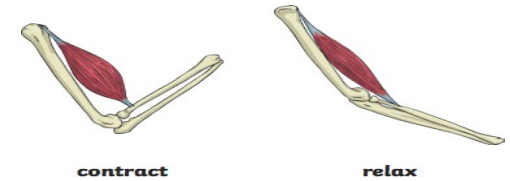
Muscles: soft tissues in the body that contract and relax to cause movement

Tendons: cords that join muscles to bone

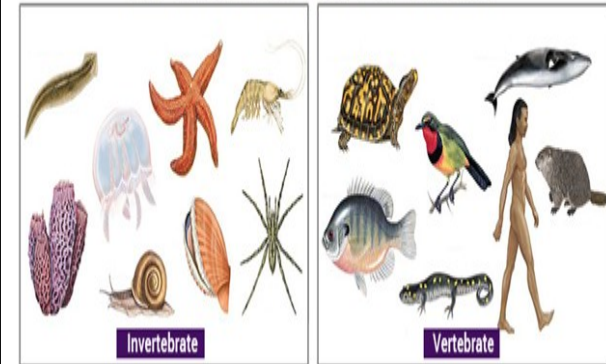
Joints: areas where two to more bones are fitted together



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



Invertebrate vs. Vertebrate



Important facts to know by the end of this topic:

- Humans cannot make their own food. They get their nutrition from what they eat.
- Plants can make their own food, but animals cannot.
- Living things need food to grow and to be strong and healthy.
- 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.