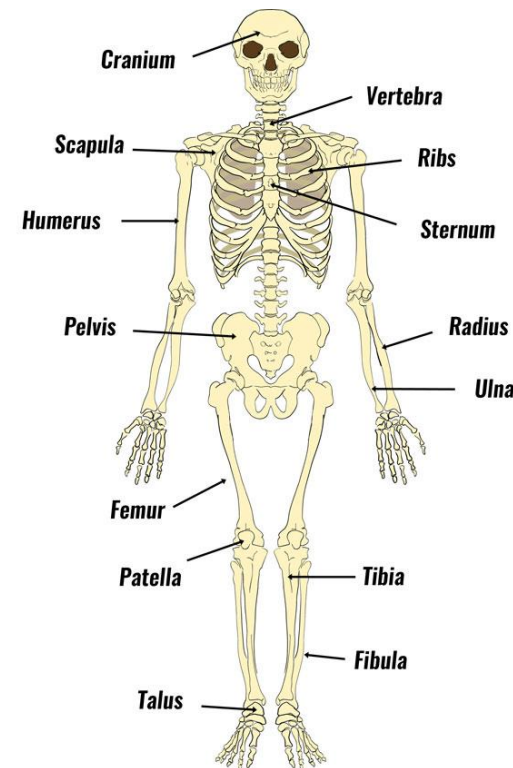


Year 3 - Animals including humans

What should I already know?

- The names of the basic body parts
- The importance of exercising often
- The need to eat a variety of different foods to be healthy
- That animals can be classed as herbivores, omnivores or carnivores
- That animals can be grouped into fish, reptiles, amphibians, mammals and birds



Key Vocabulary

Exoskeleton	A skeleton on the outside of the body
Endoskeleton	A skeleton on the inside of the body
Vertebrate	A living thing with a backbone, such as humans, dogs and snakes.
Invertebrate	A living thing without a backbone, such as worms, jellyfish and crabs.
Muscle	A tissue found in animals that allows for movement.
Contract	When muscles tense.
Relax	When muscles stop tensing.
Nutrition	The study of food and how that food works in your body.

Healthy Eating

To keep your body fit and healthy you need a balanced diet using all of the food groups.

Carbohydrates – Main source of energy for our bodies (potatoes, pasta).

Protein – Repairs and builds muscles, organs and immunity (meat, eggs, green veg).

Sugar and Fats – Stored for energy and creates a layer of fat to keep us warm (chocolate, butter, sweets).

Vitamins and Minerals – Keeps us growing and fighting infections. (fruit and vegetables).

Skeletons and muscles

The skeleton protects our internal organs, keeps us supported and helps us move.

Skeletons move because bones are attached to muscles. When a muscle contracts (tenses up), it gets shorter and pulls up the bone it is attached to. When a muscle relaxes, it goes back to its normal size