

## Year 3 - Animals including Humans

Key Vocabulary		
healthy	in a good physical and mental condition	
nutrients	substances that living things 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	

- 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.

## Ways to keep healthy

Exercise keeps our muscles and bones strong. It also makes us feel happy. Eating healthy foods will help our bodies take nutrients from our food that help us to grow and stay well. Resting helps our bodies to recover and rebuild. Keeping good hygiene prevents germs from spreading. Drinking water keeps us hydrated.

Nutrient	Found in (examples)	What it does/they do
carbohydrates	PASTA PASTA	provide energy
protein		helps growth and repair
fibre	PREMIUM MINOLENEAL SET	helps you to digest the food that you have eater
fats	PLAIN NUTS	provide energy
vitamins	PLAIN NUTS	keep you <mark>healthy</mark>
minerals		keep you <mark>healthy</mark>
water		moves <b>nutrients</b> around your body and helps to get rid of waste



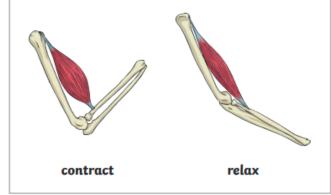
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Key Vocabulary		
vertebrate	animals with backbones	
invertebrate	animals without backbones	
muscles	soft tissues in the body that contract and relax to cause movement	
tendons	cords that join muscles to bones	
joints	areas where two or more bones are fitted together	

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).



## vertebrate

endoskeleton - a skeleton on the

inside of the body that supports and protects it



exoskeleton – a skeleton on
the outside of
the body that
supports and
protects it

**hydrostatic skeleton** – a skeleton made



up of a fluid-filled compartment in the body called a coelom, mainly found in softbodied animals

