

Year 3: Animals including Humans Knowledge Organiser

Key Vocabulary	
nutrition	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.

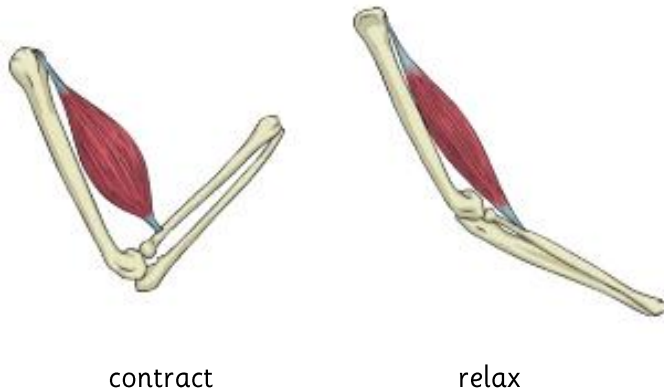


Nutrient	Found in...	What it does/they do
carbohydrates		Provide energy .
protein		Helps growth and repair.
fibre		Helps you to digest the food that you have eaten.
fats		Provide energy .
vitamins		Keep you healthy .
minerals		Keep you healthy .
water		Moves nutrients around your body and helps to get rid of waste.

Key Vocabulary

skeleton	The bones in your body that support, protect and help you move.
bones	Hard parts inside your body that help you stand, move and protect your organs.
muscles	Soft parts in your body that help you move and make your body strong.
joints	Places where two bones meet, allowing your body to move.

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



Skeletons do three important jobs:

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

