

# Year 3 Science – Animals including Humans Knowledge Organiser

## 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.

Vertebrate – animals with backbones.


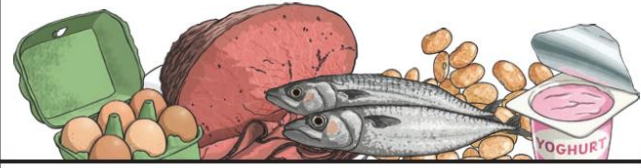





Invertebrate – animals without backbones.

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.

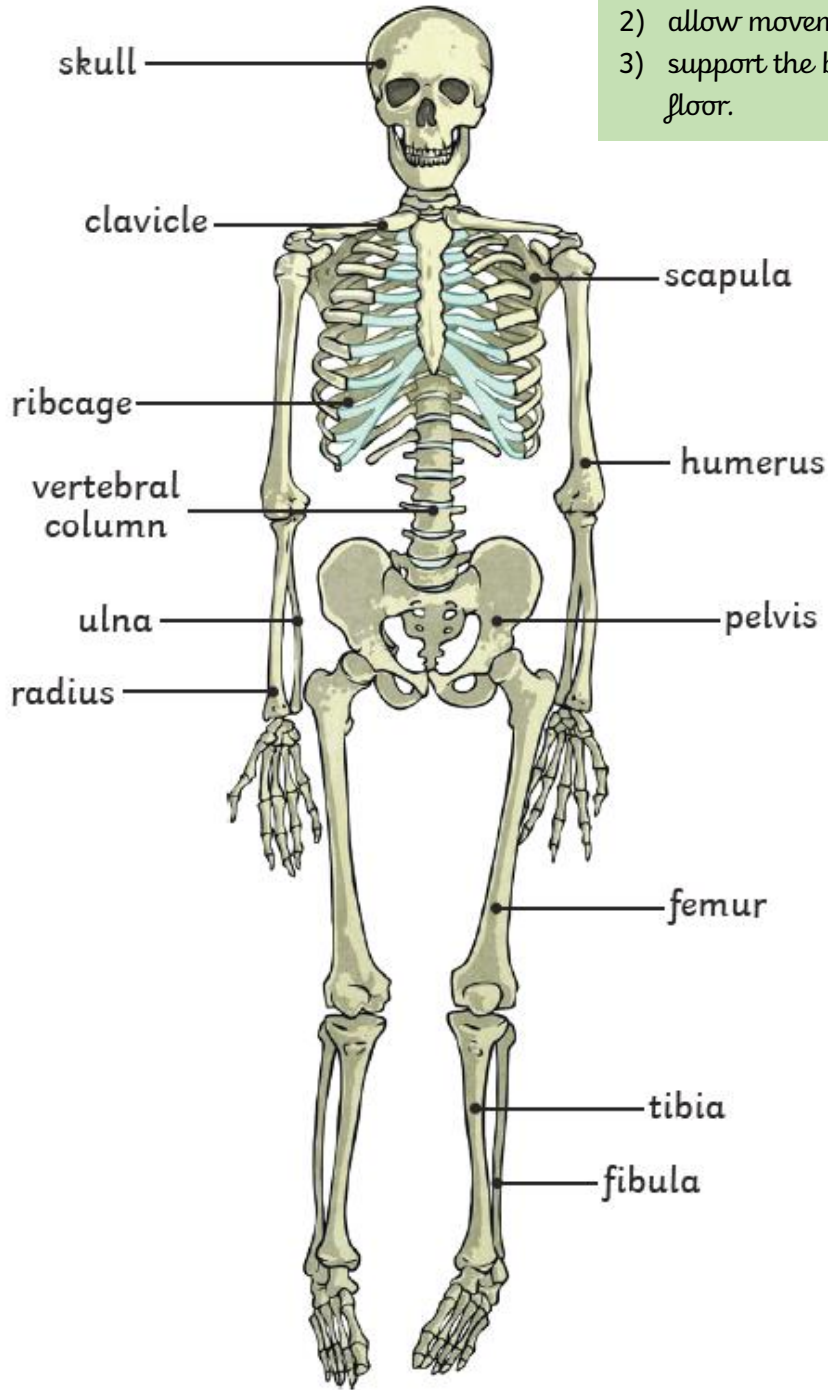
- Living things need food to grow and to be strong and healthy.
- Plants can make their own food, but animals cannot.
- To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

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

## Human Skeleton

Skeletons do three important jobs:

- 1) protect organs inside the body
- 2) allow movement
- 3) support the body and stop it from falling on the floor.

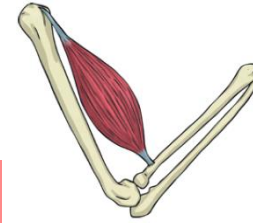


## Vertebrate

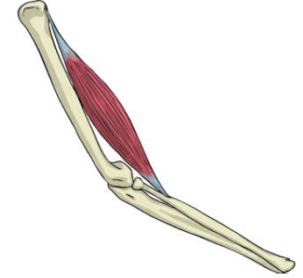
**Endoskeleton** – a skeleton on the inside of the body that supports and protects it.

## Skeletal Muscles

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



contract



relax

## Invertebrate

**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 soft-bodied animals.

