

## Science

## Animals including Humans

## Year 3

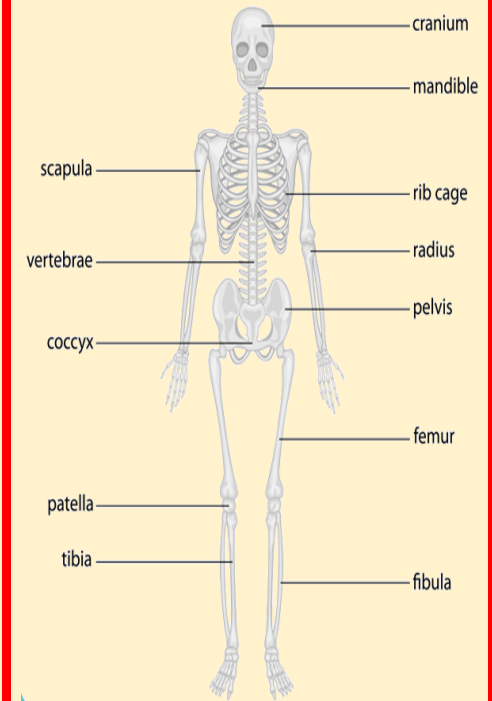
### Key Vocabulary

| WORD           | DEFINITION  |
|----------------|---|
| balanced diet, | Includes a variety of foods from the 6 key food groups:   |
| cartilage      | a strong, flexible connective tissue that protects your joints and bones  |
| contract       | The tightening, shortening, or lengthening of muscles   |
| endoskeleton   | animals with skeletons inside their body  |
| exoskeleton    | animals with skeletons outside their body   |
| invertebrate   | an animal lacking a backbone, such as an arthropod, mollusc, annelid,   |
| ribcage        | an enclosure that comprises the ribs, vertebral column and sternum in the thorax of most vertebrates, protects vital organs         |
| vertebrate     | an animal of a large group distinguished by the possession of a backbone or spinal column,  |
| vitamin,       | an organic compound, which means that it contains carbon. It is also an essential nutrient that the body may need to get from food. |

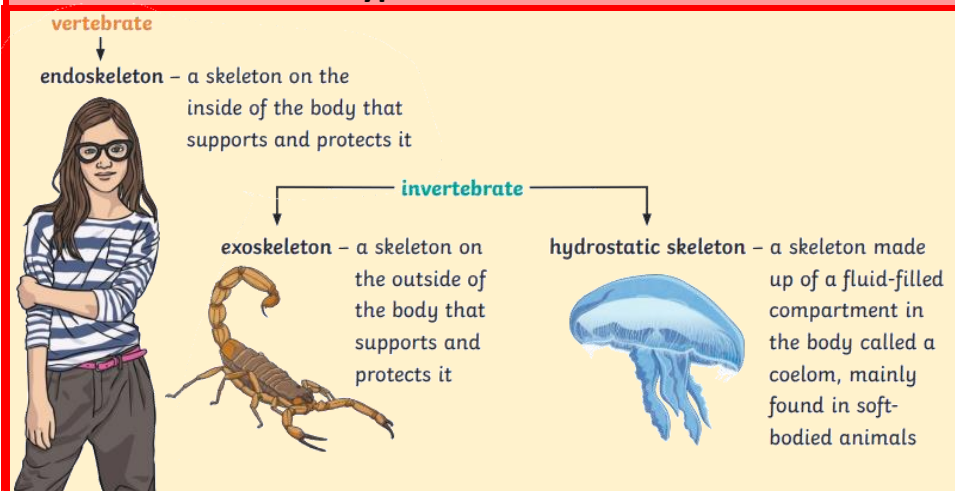
### Key Knowledge

- ❖ 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
- ❖ Skeletons do three important jobs:
  - protect organs inside the body;
  - allow movement;
  - support the body and stop it from falling on the floor.

### The Human Skeleton

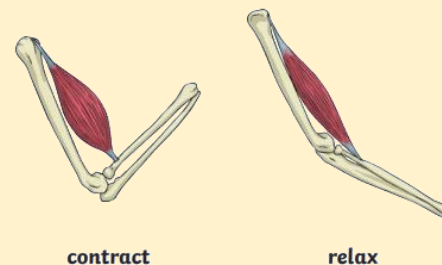


### Types of Skeletons



### Muscle Movement

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



### 5 Food Groups

