

Year 3- Animals Including Humans



Key Vocabulary

healthy	In 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
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

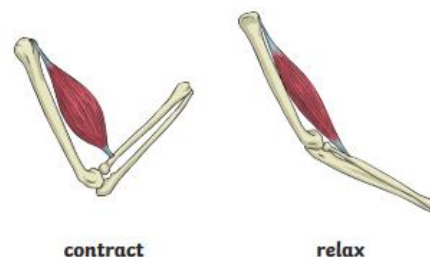


- Living things need food to grow and be healthy.
- Plants can make their own food, but animals cannot. They need to get nutrients from the food then eat.
- Different foods have different **nutrients**.
- Different nutrients do different things to keep us healthy.
- **Carbohydrates** and **fats** give you energy. **Fibre** helps you digest the food you eat. **Protein** helps growth and repair. **Vitamins** and minerals keep you healthy. **Water** helps moves nutrients around your body.

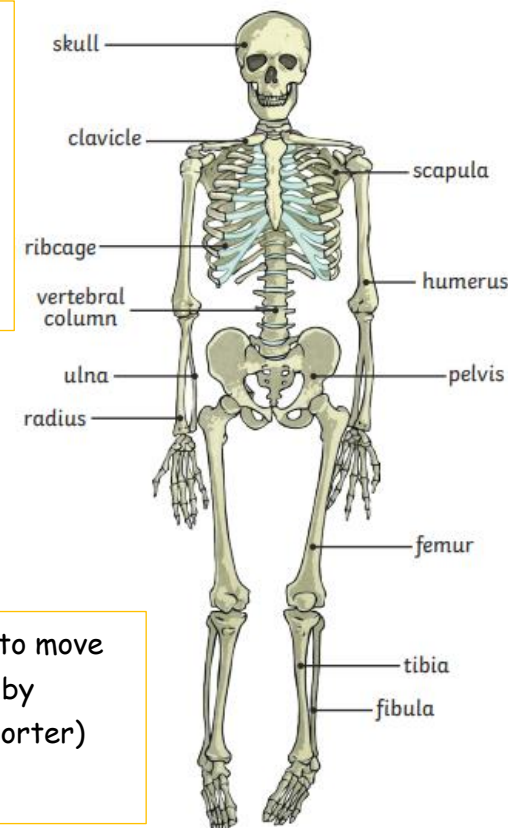


Skeletons do three important jobs:

- Protects organs inside the body
- Allow movement
- Support the body and stop it from falling down



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



Endoskeleton- a skeleton inside the body that supports and protects it.



Exoskeleton- a skeleton outside the body that supports and protects it.



Hydrostatic skeleton- has a fluid filled compartment called a coelom.

