



Year 3 Animals including humans

Strand: Biology

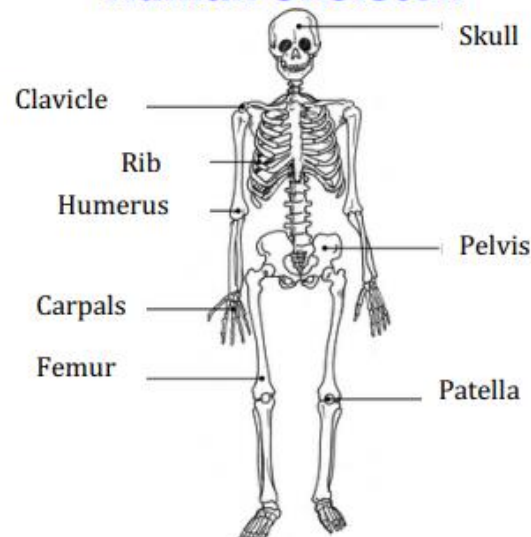
Big idea: Living things are special collections of matter that make copies of themselves, use energy and grow.

Big questions: How does our body move and stand up?

Topic vocabulary

skeleton,	the inner framework of bones in vertebrate animals.
vertebrates	Animals with backbones
invertebrates	Animals with out backbones
muscle,	Soft tissues in the body that contract and relax to cause movement
tendon,	Cords that join muscles to bone
joint	Areas where two or more bones are fitted together
nutrients,	Substances animals need to stay alive and healthy
energy,	Strength to be able to move and grow

Human Skeleton

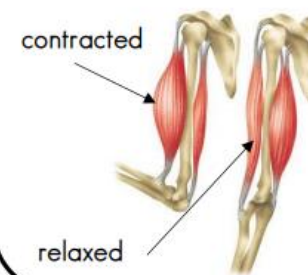


MUSCLES

Skeletons move because bones are attached to muscles.

When a muscle contracts (bunches up), it gets shorter and so pulls up the bone it is attached to.

When a muscle relaxes, it goes back to its normal size.



HEALTHY EATING

To keep your body fit and healthy you need a balanced diet using all of the food groups.

Carbohydrates - Main source of energy for our bodies (rice, potatoes, pasta and bread).

Protein - Repairs and builds muscles, organs and immunity (fish, meat, eggs and cheese).

Sugar and Fats - Stored for energy and creates a layer of fat to keep us warm.

Should not have too much of these (chocolate, sweets, butter, oil, cream).

Vitamins and Minerals - Keeps us growing and fighting infections (fruit and vegetables).

Vitamin List

Vitamin	Food	Main Role
A	Milk, Cheese, butter	Healthy vision and skin
C	Orange, Lemon, tomatoes	Prevent infection
D	Milk, Cheese, Fish	Helps bone development



Diane France is a forensic anthropologist. That means she studies bones and finds out about the past.

