

Year 3 - Animals including humans

Key Vocabulary

Nutrition	Food necessary for health and growth.
Skull	The bony framework of the head and face that protects the brain.
Ribs	The structure of ribs forming a cage around the internal organs of the chest.
Spine	The backbone in vertebrates.
Vitamins	Natural and man-made substance needed by humans for health.
Minerals	Found in foods and needed by humans for healthy growth.
Fibre	Found in fruits and vegetables and helps to digest other foods.
Joints	A place where two bones come together.
Skeleton	The inner framework of bones in humans and animals, which supports and protects the softer body parts.
Muscles	Body tissue that controls movement of body parts by tightening and relaxing.

Animals need to eat. They cannot make their own food like plants. Humans need different food types to get the nutrients they need to stay healthy.

Fruit and vegetables are a good source of vitamins, minerals and fibre.

Carbohydrates are a good source of energy.

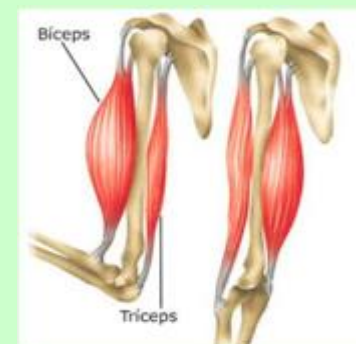
Dairy products are an important source of calcium.

Proteins such as fish, beans, and meat provide vitamins and are needed for growth and repair.

Fats and sugars are high in energy and should not be eaten often.



Important Information



The muscles attached to a joint move the bones. They do this by contracting and relaxing.

Did you know?

Babies have more bones than adults. They are born with 300 bones, but by the time they reach adulthood, they only have 206.