

ANIMALS INCLUDING HUMANS

Knowledge Organiser



Year 3, Autumn 1: Animals, including humans (Movement)
Summer 1: Nutrition Focus
Science Strand: Biology

Key Vocabulary

bones	The hard parts inside your body which form your skeleton.
joints	The junction between two or more bones
minerals	Substances found in food which keep us healthy
muscles	Something that is attached to the bones and help us move.
nutrition	The process providing or obtaining the food necessary for health and growth.
nutrients	Substances that help plants and animals to grow.
skeleton	The framework of bones which support and protect the body, allowing it to move.
vitamins	Substances found in food which keep us healthy

What will I know about animals, including humans by the end of this topic?

Autumn 1

- Humans, and some other animals, have skeletons and muscles which help them move and provide protection and support.

Summer 1

- Animals, unlike plants which can make their own food, need to eat in order to get the nutrients they need.
- Food contains a range of different nutrients that are needed by the body to stay healthy.
- A piece of food will often provide a range of nutrients.

Animals, including humans need to eat food to get the nutrients that they need. The human body needs the following nutrients to stay healthy.



Fats: a small amount of fat is an essential part of a healthy diet. Fat helps the body to absorb vitamins and gives us energy.



Carbohydrates: these are foods that give us energy. They are found in sugary and starchy foods.



Protein is important so that the body can grow, repair and build muscle.



Fibre: This lets food pass quickly through the body. It helps keep the digestive system in good working order.

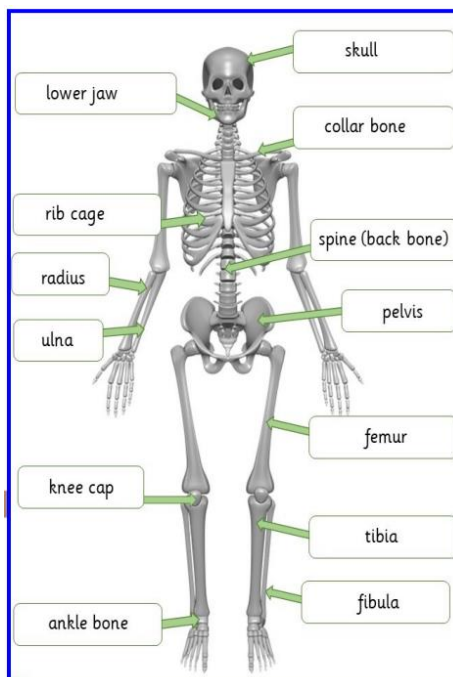


Vitamins and Minerals: help to keep your body healthy.



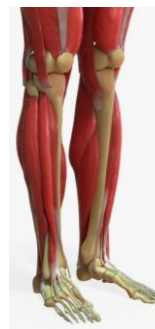
Water: helps to move nutrients in your body and get rid of waste that you don't need.

The Human Skeleton



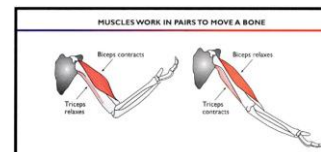
The skull protects the brain

The bones in our legs support us and help us stand.



The bones and muscles in our legs help us to move.

Muscles contract and relax to help us move.



Joints are where bones meet. They allow our bodies to move.

Scientific Enquiry Approaches that we can use this term:

