

Animals Including Humans

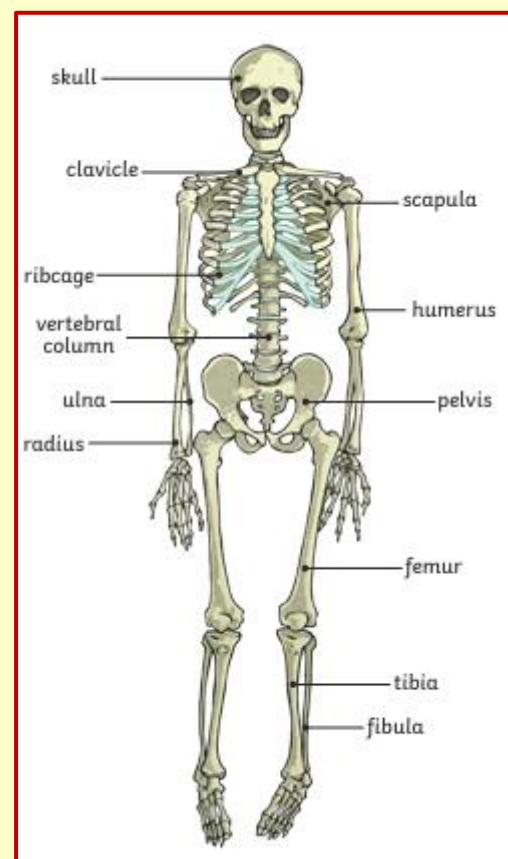
Year 3 Science Knowledge Organiser Summer Term 2023

This term, in Science, we will learn about animals including humans. Animals need the right types and amount of nutrition, as they cannot make their own food; they get nutrition from what they eat. We will learn that humans and some other animals have skeletons and muscles for support, protection and movement.

Vocabulary

healthy
nutrients
energy
saturated fats
unsaturated fats
vertebrate
invertebrate
muscles
tendons
joints
skeleton

carbohydrates	
protein	
fibre	
fats	
vitamins	
minerals	
water	



- 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.

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

