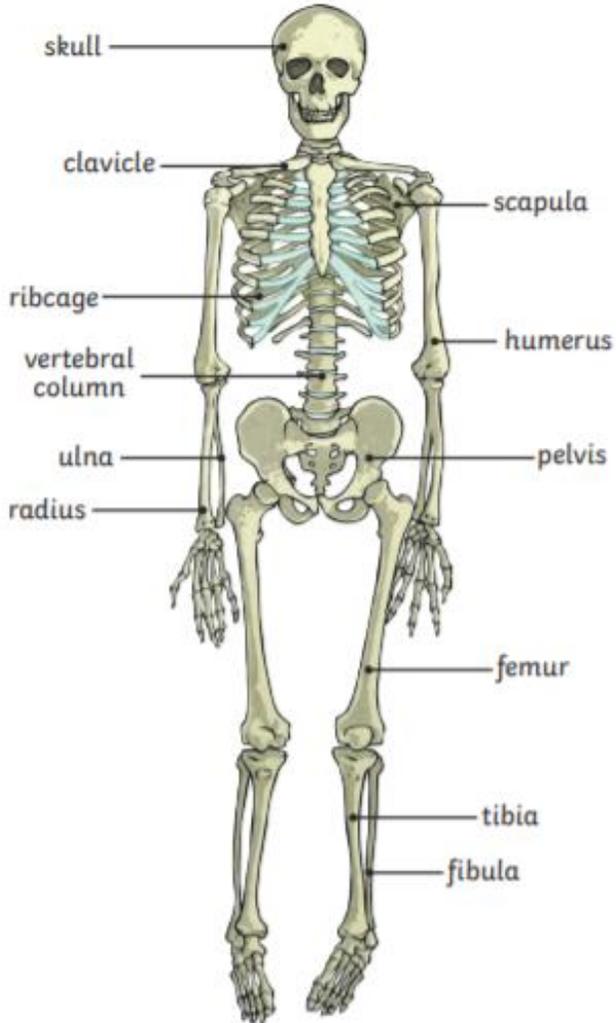


# Year 3 – Animals Including Humans

## Key Facts

### Skeletons

1. Protect our organs
2. Help us to move
3. Support our bodies

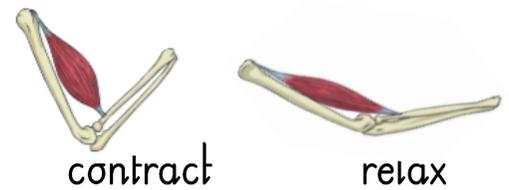


To survive animals need:  
water, food, air and shelter

To stay healthy, humans need to exercise,  
eat a healthy diet and be hygienic.

Nutrient	Found in...	What it/they do
Carbohydrates		Provide energy
Protein		Helps growth and repair
Fibre		Helps you digest the food you have eaten
Fats		Provide energy
Vitamins		Keep you healthy
Minerals		Keep you healthy
water		Moves nutrients around your body and helps to get rid of waste.

Skeletal muscles work in pairs to move the bones they are attached to by taking it in turns to contract and relax.



## Key Vocabulary

Contract	When a muscle becomes smaller, shorter and tighter.
Energy	The property that gives us strength.
Healthy	In good physical and mental condition.
Invertebrate	An animal without a backbone.
Joints	Areas where two or more bones are fitted together.
Muscle	Soft tissues in the body that contracts and relaxes to cause movement in the skeleton.
Nutrition	Food necessary for health and growth.
Skeleton	The set of bones on a human or animal, joined together to make our structure.
Tendon	A tough, elastic tissue which connects the muscles and bones.
Vertebrate	An animal with a backbone.