

Subject Specific Vocabulary

Nutrients	Substances that living things need to stay alive and healthy.
Nutrition	The study of food and how it works in your body.
Carbohydrate	The body's major source of energy.
Sugars	Sugars are in certain types of food and give a sweet taste.
Fats	Nutrients in foods that protects organs and gives energy.
Protein	Builds, maintains, and replaces the tissues in your body
Vitamins and minerals	Nutrients that the body needs in small amounts to function and stay healthy.
Fibre	Is essential for a healthy digestive system.
Food types	The types of nutrients we need to stay alive and healthy.

Sticky Knowledge

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 – carbohydrates (including sugars), protein, vitamins, minerals, fats, sugars, water – and fibre that are needed by the body to stay healthy. A piece of food will often provide a range of nutrients.

Humans, and some other animals, have skeletons and muscles which help them move and provide protection and support. Animals that have a skeleton are either vertebrates or invertebrates.



Year 3 – Animals, including humans

Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food – they get nutrition from what they eat.

Identify that humans and some other animals have skeletons and muscles for support, protection and movement.

(National Curriculum, 2014)

Skeleton	The inner framework of bones and cartilage in vertebrate animals.
Vertebrates	Animals with a backbone in their body.
Invertebrate	A cold blooded animal with no backbone.
Bones	The skeleton is made up of bones. They give your body structure, let you move in many ways and protect your internal organs.
Muscles	Soft tissues in the body that contract and relax to cause movement.
Joints	Areas where two or more bones are fitted together
Protect	. To defend or keep safe.
Support	To bear the weight and give structure
Skull	Forms part of the head. It surrounds and protects the brain.
Ribs	A curved bone attached to the spine and forms part of the chest wall.
Spine	The backbone. It lets you twist, bend and holds your body upright.

School Values

Happiness

Having a healthy diet

British values

Promoting a balanced diet

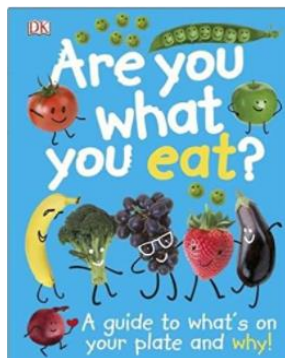
Responsibility

Looking after our bodies

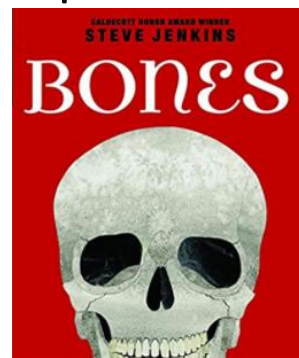
Respect

Understanding that different people have different bodies

Books that you could read if you like this topic.

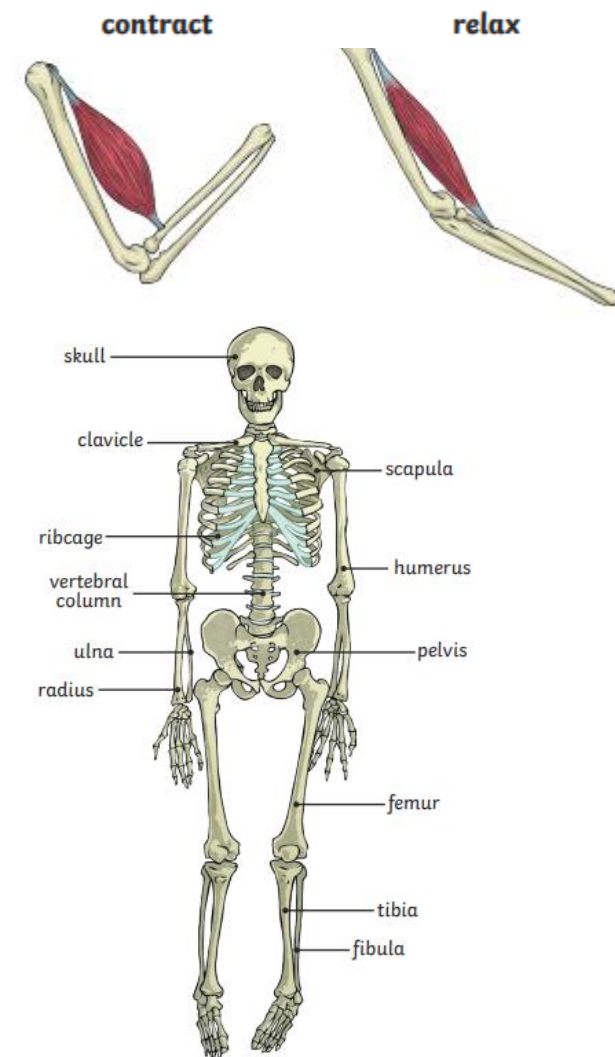


Are You What You Eat?:
A Guide to What's on
your Plate and Why! -
DK



Bones: Skeletons and
How They Work -
Steve Jenkins

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



Websites you could look at if you like this topic:

Change 4 Life
'Build a Skeleton'
DK Findout

<https://www.nhs.uk/change4life/food-facts>

<http://www.tenolpscommunicate.com/clients/siemens/humanbodyOnline/#home>

<https://www.dkfindout.com/uk/human-body/skeleton-and-bones/>