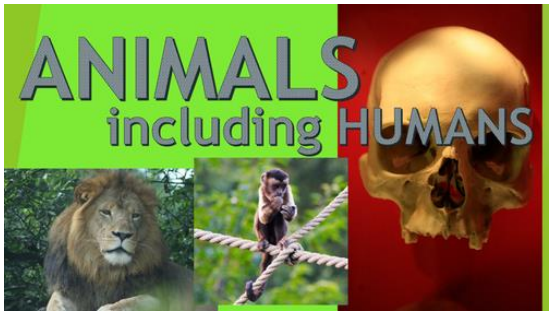
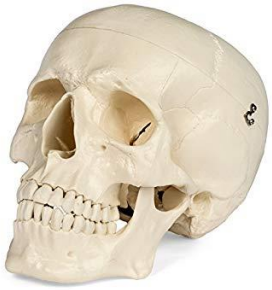
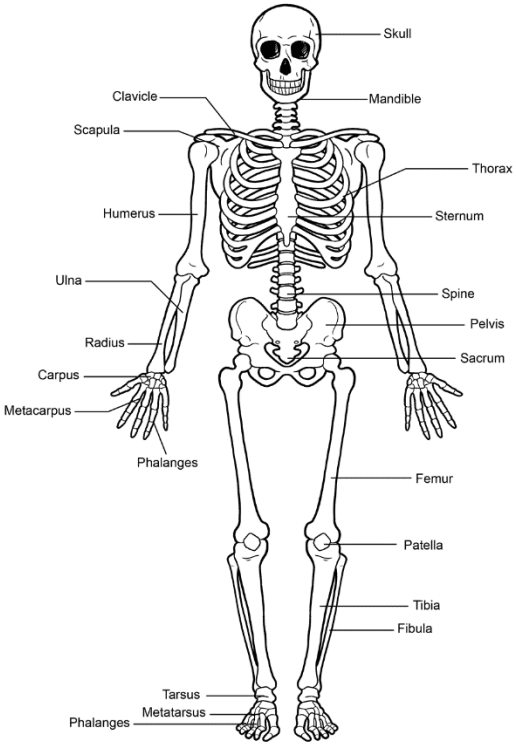
SACRED HEART Knowledge Organiser for Year 3: Animals Including Humans

- 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

KEY VOCABULARY	
Nutrition	The process of taking in food and using it for growth and repair.
Nutrients	Molecules in food that all organisms need to make energy, grow, develop, and reproduce.
Carbohydrates	These are the sugars, starches and fibres found in fruits, grains, vegetables and milk products.
Sugars	The name for sweet-tasting, soluble carbohydrates, many of which are used in food.
Protein	A nutrient found in food (typically meat, milk, eggs and beans) which builds, maintains, and replaces the tissues (such as muscles and organs) in your body.
Vitamins	Substances found in foods that our bodies need to work and be healthy.
Minerals	Substances which help your body grow, develop, and stay healthy, e.g. they help to build strong bones and teeth.
Fibre	It is type of a carbohydrate that helps keep our digestive systems healthy.
Fat	Fat is a source of essential fatty acids, which the body cannot make itself.
Water	a colourless, transparent, odourless liquid that forms the seas, lakes, rivers, and rain and is the basis of the fluids of living things.
Skeleton	The framework of bones that hold together the body, protect vital organs and allow the body to move.
Bones	The substance that forms the skeleton of the body.
Muscles	Fleshy parts of the body that are joined to bones and work in pairs to make the body move.
Support	A thing that bears the weight of something or keeps it upright.
Protect	To keep safe from harm or injury.
Skull	The bone which protects the brain.
Ribs	The bones which protect the lungs and heart.
Spine	The backbone which surrounds and protects the spinal cord.
Joints	These are places where two bones are connected to allow movement.







EXPECT THE UNEXPECTED