

I learned a bit about
this in Year 1 and 2!

Year 3 Science Knowledge Organiser

Animals (including Humans)

Key Knowledge

Humans stay healthy by eating a balanced diet this includes – **protein, carbohydrates, fruits and vegetables, fats, dairy (or dairy alternatives)**

The human body cannot produce its own food.

A skeleton is made up of different bones. It is there to **support** and **protect** us as well as help us to move.

Some animals have a spine, these are called **vertebrates**. Other animals do not have a spine, they are called **invertebrates**.

Muscles are attached to our bones using tendons. They work together to help us move.

When muscles **contract**, they pull on a bone, allowing it to move in one direction. When muscles **relax**, they allow the bone to move back in the opposite direction.

An adult has 206 bones in their skeleton.

Key Vocabulary

Protein	These foods help to look after our muscles and keep us healthy. Proteins are meats, beans, fish and eggs.
Carbohydrate	These are starchy foods that help to give us energy. Carbohydrates are breads, rice, potatoes and pasta.
Fats	Our bodies need fats in order for us to have energy. There are different types of fats.
Dairy or (Dairy Alternatives)	Dairy foods help to give us calcium which make our bones and teeth stronger. Dairy products are milk, yoghurt and cheese. Some people cannot eat dairy so have alternatives instead.
Muscle	These are tissues attached to our bones that help us move,
Tendon	This is a tough band of tissue that connects a muscle to a bone.
Joint	This is where two bones connect together so we can move.

