# Year 3 Science: 'Amazing Bodies'

I should already know: -

> Living things need food to grow and to be strong and healthy.   There are 5   different food groups that we must eat from to have a balanced diet.

> Plants can make their own food, but animals cannot.

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

Nutrition

Animals, including humans, cannot make their own food—they get nutrition from the food that they eat.
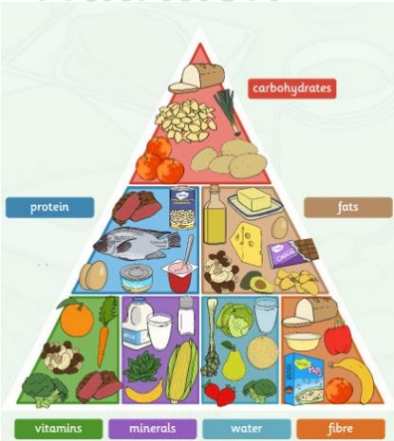
Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		growth and repair
fibre		help with digestion of food
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste

Key vocabulary:

skeleton - a structure made from bones which provides the frame for the body,

muscle— soft tissues in the body which contract and relax to help the body move.

tendons — cords that joins muscles to bones.

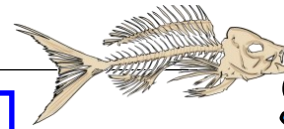**joints**—areas where two or more bones are fitted– e.g. knee, elbow.

energy—created by food to keep cell sin the body working.

nutrition— substances found in food which keeps humans/animals alive.

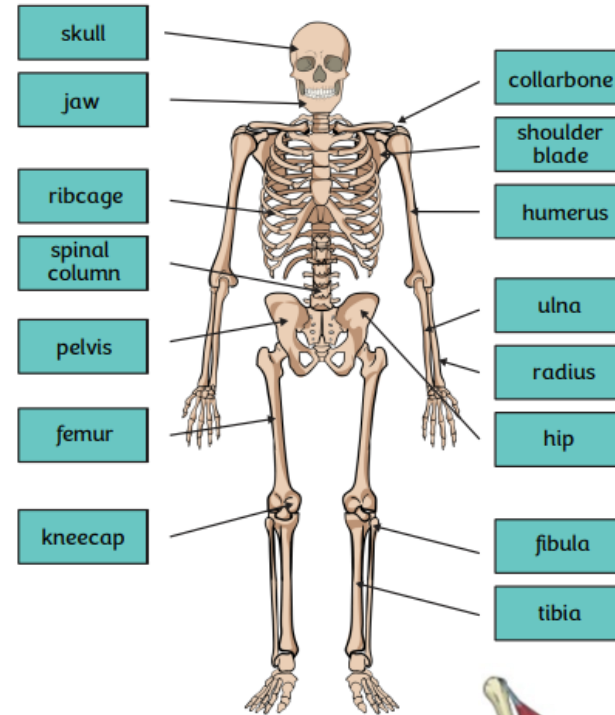**vertebrate**— animals with backbones.

invertebrate—animals without backbones.

Skeleton & Muscles

Humans and some other animals have skeletons and muscles for support, protection and movement.

skull
jaw
ribcage
spinal column
pelvis
femur
kneecap

collarbone
shoulder blade
humerus
ulna
radius
hip
fibula
tibia

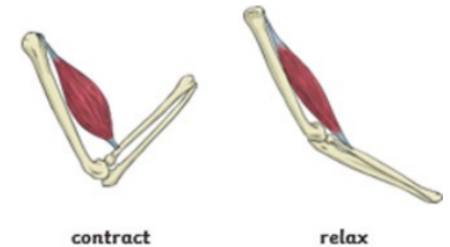**Skeletons** do three important jobs:

> protect organs inside the body;

> allow movement;

> support the body and stop it from falling on the floor.

~**Muscles** help pump blood around our bodies.
~Muscles help you lift things.
~Muscles work with our bones to help us move.

Did you know?

We have over 600 muscles in our bodies!

contract   relax

Muscles work in pairs to move the bone they are attached to by contracting (get shorter) and relaxing (get longer).