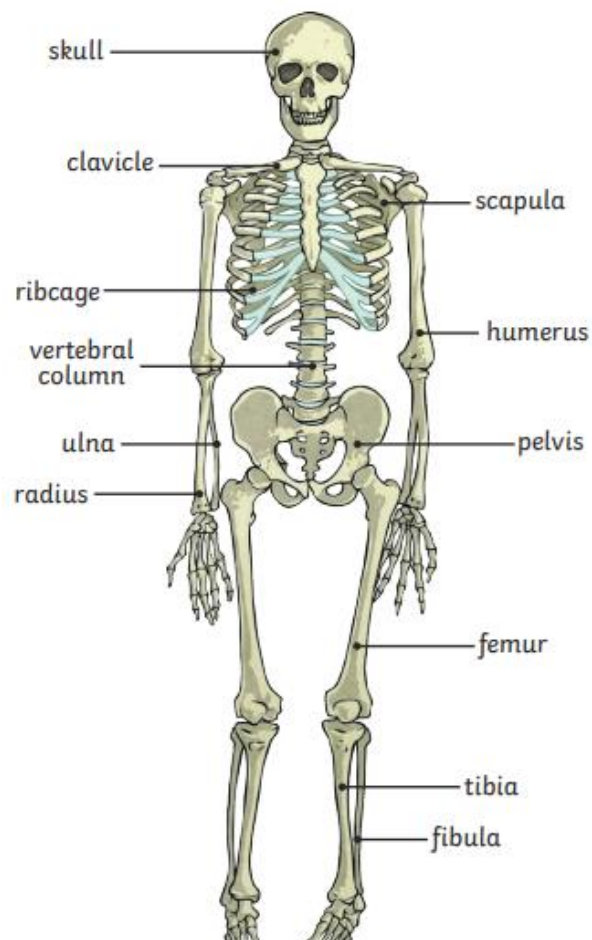


Animals Including Humans (yr 3) – Science – Acorns Class



Key Vocabulary

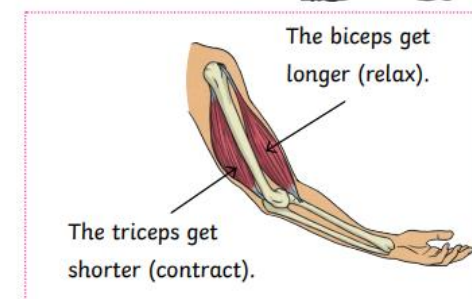
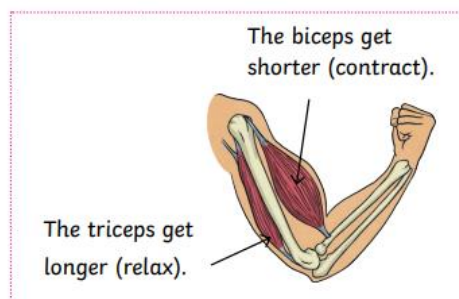
| | |
|----------------------|--|
| bones | Hard parts inside the body which form the skeleton |
| balanced diet | Variety of food featuring all the different food groups |
| carbohydrates | Nutrient found in food like starchy vegetables, grains, rice, breads and cereals. There are 2 main types of carbohydrate – sugars and starches |
| exercise | Activity where you move your body energetically to stay fit and healthy |
| fat | Nutrient found in food. The body stores fat as a fuel source, Too much of the wrong kind of fat can be unhealthy |
| fibre | A carbohydrate that the body can't digest. Is found in fruits, vegetables & grains. |
| healthy | When you are well |
| hygiene | Keeping yourself clean to help stop the spreading of disease |
| joints | Where two bones of the skeleton meet and join together. |



Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- Support the body and stop it from falling on the floor.

Muscles are made up of thousands of stretchy fibres, or threads, which can do an amazing job of helping people to move, stay fit and keep healthy.



Key Vocabulary

| | |
|------------------|--|
| muscles | Inside part of your body that connects 2 bones and is used when you move |
| nutrients | Important parts of food that the body needs to grow. Nutrients are absorbed by the body during digestion. |
| nutrition | The study of food and how it works in your body |
| protect | To keep something safe |
| protein | A nutrient found in food which helps to build and take care of the muscles and organs in our body |
| ribs | Bones that make up our rib cage and connect to the spine . They help to protect important organs inside our body |
| skeleton | All of the bones inside your body |
| skull | The bone that protects our brain at the top of the skeleton |
| spine | The column of bones which run up our back and protect our spinal cord |
| sugars | A sweet carbohydrate that gives us energy. Sugar has no nutritional value to our bodies |
| water | Clear liquid with no colour, taste or smell. All living things need water to survive. |

Assessment:

- To identify that humans have bones and muscles for support, protection and movement.
- To plan and carry out an investigation around bones and muscles.
- To understand that animals have bones and muscles for support, protection and movement.
- To understand that animals, including humans, need the right type of nutrition.



The Eatwell Plate

A guide to the right balance of five main food groups.

- Fruit & Veg
- Carbs & Starches
- Dairy
- Protein
- Sugars & Fats

- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.