

YEAR 3 ANIMALS INCLUDING HUMANS KNOWLEDGE ORGANISER

KEY VOCABULARY AND SPELLINGS

Energy – the property that gives us strength of body or mind to do things or work

Nutrition – the process of providing or obtaining the food necessary for health and growth

Skeleton – a framework of bones supporting the body

Muscle – a soft tissue in the body that contracts and relaxes to cause movement of the skeleton

Healthy – in good physical condition

Consumers – living things that eat other living things to get energy

Vitamins – substances found in foods that keep you healthy

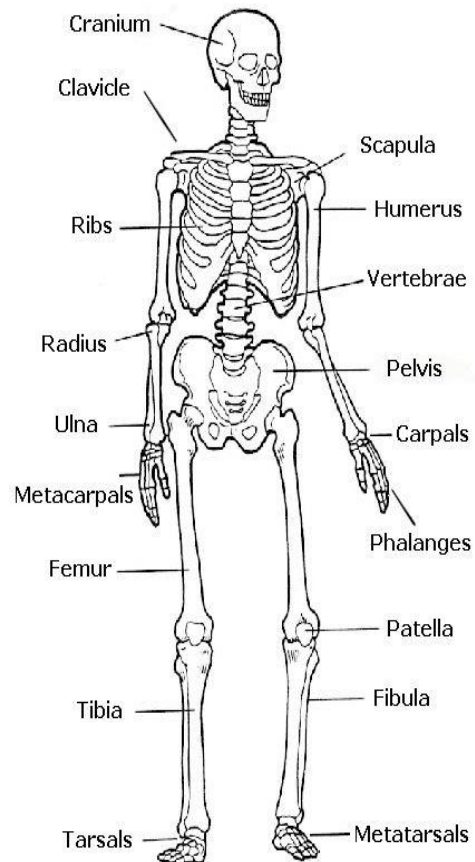
Diet – the foods that a person, animal or community habitually eat

Invertebrate – an animal which does not have a back bone/spine

Vertebrate – an animal which has a back bone/spine.

HUMAN SKELETON

The bones in our skeleton provide support so we can stand, movement and protection of our organs.



INVERTEBRATES AND VERTEBRATES

VERTEBRATES are animals that have a backbone inside their body. The major groups include fish, amphibians, reptiles, birds and mammals.

INVERTEBRATES do not have a backbone. They have a soft body, like worms and jellyfish or a hard outer casing covering their body like spiders and crabs.

BALANCED DIET - Unlike plants, humans do not make their own energy so they need to eat to get energy. In order to be healthy we need to eat a balanced diet with more of some things and less of others.

PROTEIN – required for growth and repair of our bodies. Found in meats, poultry, fish, dairy products, eggs and beans.

CARBOHYDRATES – provide energy for the body. Found in grains, cereals, potatoes, bread, pasta and in some fruits and vegetables.

FATS – provide energy and help with building our bodies. Found in dairy products, red meats and some poultry and fish.

FIBRE – Help you digest your food. Found in cereals, fruit and bread.

A Balanced Plate

