

Knowledge Organiser

| Year Group | Subject | Topic |
|------------|---------|---------------------|
| 3 | Science | Food and our Bodies |

The Big Picture

We will be learning that animals, including humans, need the right types and amount of nutrition and that they cannot make their own food. We will also explore how humans and some other animals have skeletons and muscles for support, protection and movement.

Important Vocabulary and Key Information

| | |
|------------------|--|
| healthy | in a good physical and mental condition |
| nutrients | substances that animals need to stay alive and healthy |
| energy | strength to be able to move and grow |
| saturated fats | types of fats, considered to be less healthy, that should only be eaten in small amounts |
| unsaturated fats | fats that give you energy, vitamins and minerals |








| | |
|--------------|--|
| vertebrate | animals with backbones |
| invertebrate | animals without backbones |
| muscles | soft tissues in the body that contract and relax to cause movement |
| tendons | cords that join muscles to bones |
| joints | areas where two or more bones are fitted |

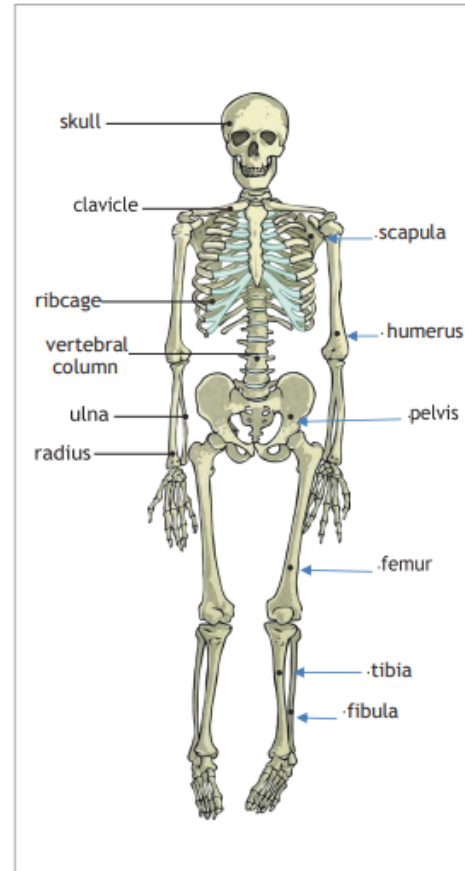
Living things need food to grow and to be strong and healthy.

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.

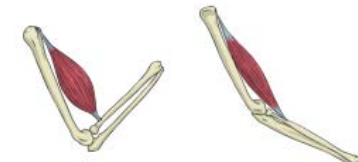
| Nutrient | Found in... (examples) | What it does/they do |
|---------------|--|---|
| carbohydrates |  | provide energy |
| protein |  | helps growth and repair |
| fibre |  | helps you to digest the food that you have eaten |
| fats |  | provide energy |
| vitamins |  | keep you healthy |
| minerals |  | keep you healthy |
| water |  | moves nutrients around your body and helps to get rid of waste |



Skeletons do three important jobs:

1. They protect organs inside the body.
2. They allow movement.
3. They support the body and stop it from falling on the floor.

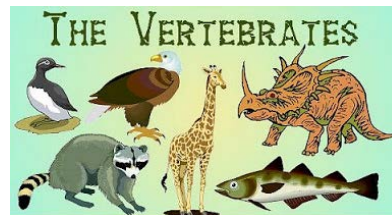
Skeletal muscles work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



Contract

Relax

Vertebrates are animals that have a **backbone**. They have a firm body because of the muscles that connect to their skeleton.



Invertebrates are animals that do **not** have a backbone. They have soft inner bodies which are held in shape by a flexible covering of outer cells or by a hard covering called an exoskeleton.

