



Runnymede St. Edward's Primary Catholic School

- Knowledge Organiser

Subject: Science

Animals Including
Humans

Year: 3

Term: Autumn 2

Key Knowledge and Vocabulary

LocationalPlaceKnowledge

healthy	In a good physical and mental condition
energy	Strength to be able to move and grow
nutrients	Substances that living things need to stay alive and healthy
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
carbohydrates	Provide energy
fibre	Helps you to digest the food that you have eaten
protein	Helps growth and repair
vitamins	Keep you healthy
minerals	Keep you healthy

- 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.

Key Vocabulary

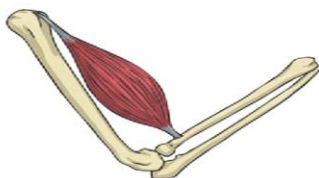
vertebrate	animals with backbones
invertebrate	animals without backbones
muscles	soft tissues in the body that contract and relax to cause movement
tendons	cords that join muscles to bones
joints	areas where two or more bones are fitted together

Skeletons

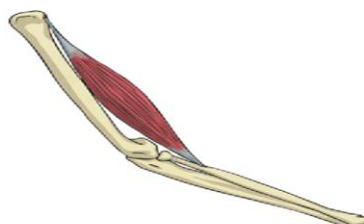
Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- 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

Skeleton

