

# Year 3 Science Knowledge Organiser – Animals including Humans

**Key facts:** Animals, including humans, cannot make their own food. Humans grow, gather or hunt food and Animals hunt, forage or graze.

**Key facts:** Animals, including humans get nutrition from the food that they eat.

**Key facts:** Animals, including humans, need the right types and amount of nutrition to survive.

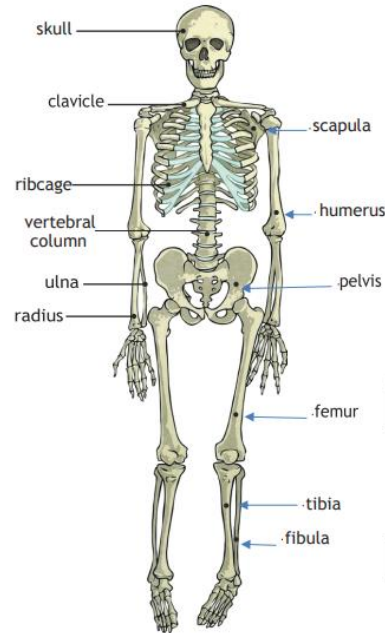
## Nutrition



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

## Skeletons and Muscles

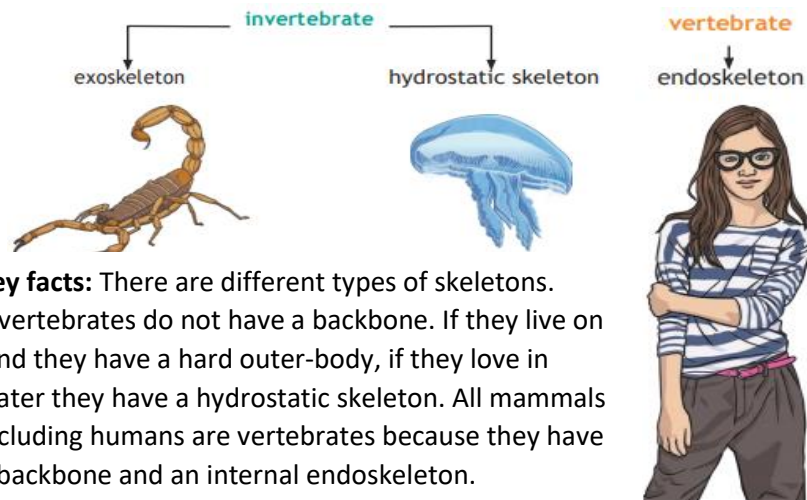
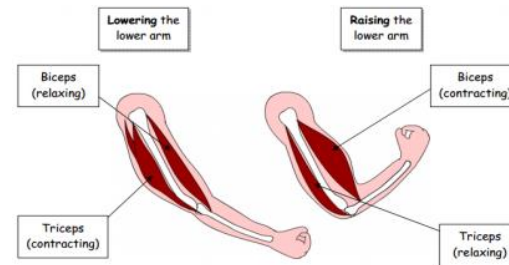
**Key facts:** humans and some other animals have skeletons and muscles for support, protection and movement.



**Key facts:** Skeletons do three important jobs:

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

**Key facts:** Muscles are attached to bones via tendons. Muscles contract (pull up) to move the bones and then relax to put them back where they were.



**Key facts:** There are different types of skeletons. Invertebrates do not have a backbone. If they live on land they have a hard outer-body, if they live in water they have a hydrostatic skeleton. All mammals including humans are vertebrates because they have a backbone and an internal endoskeleton.

## Key Vocabulary

**Energy** – created by food to keep cells in the body working.

**Nutrition** – Substances found in food which sustain life.

**Contract** – the movement of a muscle when it moves part of the skeleton.

**Skeleton** – a structure made from bone which provides a rigid frame for the body.

**Muscle** – soft tissues which contract and relax to move the body.

**Tendons** – cords that join muscles to bones.

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

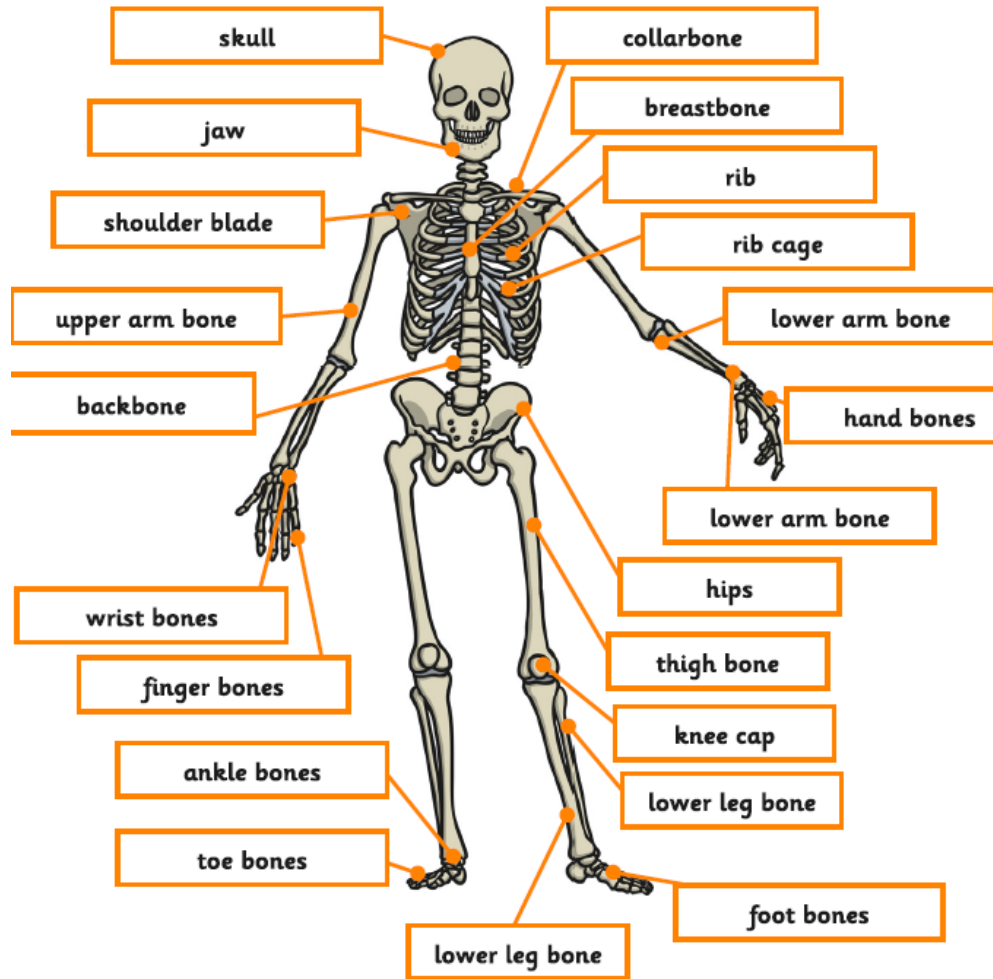
**Healthy** – when a living thing has all its basic survival needs met and is not unhealthy.

**Basic survival needs** – Animals, including humans, need water, food, and air to stay alive.

**Exercise** – activity like running and jumping which keeps animals, including humans, healthy.

**Food** – substances which provide nutrients to keep a living thing alive. Plants can make their own food but animals, including humans can't.

Using Common names for bones:



Using the Scientific names for bones:

