

<b>Science Focus:</b>	Animals including humans	<b>Year 3:</b>	Autumn Term 1
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## Key Knowledge

### Nutrients

Types of nutrients	There are 7 types of nutrients: <ul style="list-style-type: none"> <li>- Carbohydrates</li> <li>- Protein</li> <li>- Fats</li> <li>- Fibre</li> <li>- Vitamins</li> <li>- Minerals</li> <li>- Water</li> </ul>
The role of water	Water transports nutrients around our body so that we can absorb them. It also helps us to get rid of waste.

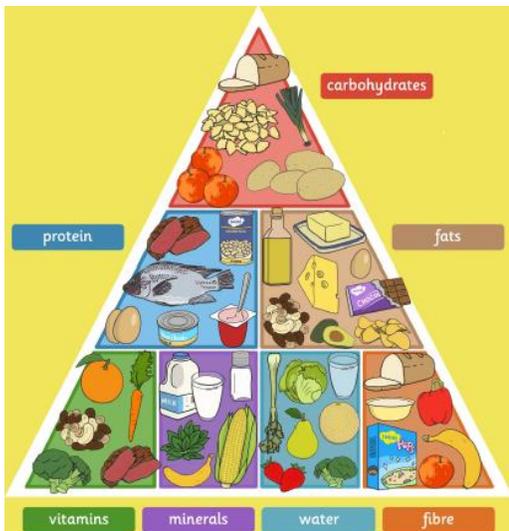
### The skeleton

How many?	A baby is born with about 300 bones. During childhood, some bones join together. Adults have 206 bones in their body.
The role of the skeleton	The skeleton does 3 important jobs: <ul style="list-style-type: none"> <li>• Protect the organs;</li> <li>• Allow movement;</li> <li>• Support the body by holding it up.</li> </ul>
Types of skeleton	Some animals have their skeleton on the inside of their body. Those with a backbone (spine) are called vertebrates. Other animals have their skeleton on the outside of their body, which can be like a shell.

### Muscles

How many?	There are over 600 muscles in the human body.
The role of muscles	Muscles allow our bodies to move. Pairs of muscles work together by expanding and contracting.

Nutrients humans need to be healthy

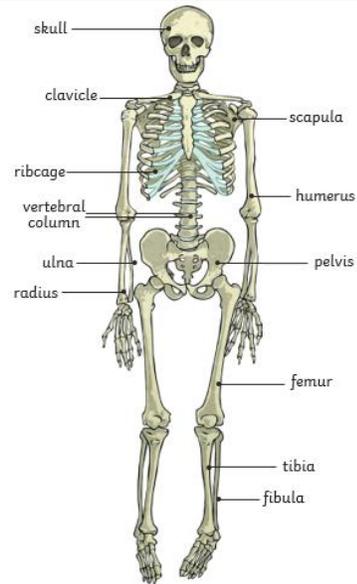


## Key Vocabulary

Spelling	Definition
Healthy	In good physical and mental condition.
Food groups	There are 5 main types of food we need for a balanced diet.
Fats	Provide energy.
Bone	The hard white substance which forms the skeleton.
Muscles	A part of the body which allows us to move.
Relax	When a muscle releases.
Diet	The things we eat and drink.
Vitamins	Keep us healthy.
Minerals	Keep us healthy.
Skeleton	The bones in our body.
Nutrients	Things animals and humans need to stay alive and stay healthy. They are found in the foods we eat.
Carbohydrates	Provide energy.
Protein	Helps growth and repair
Fibre	Helps to digest the food we have eaten.
Expand	When a muscle relaxes and becomes lar
Contract	When a muscle tightens

## Diagrams and Symbols

Bones



Muscles

