

# Gunthorpe Primary School – Knowledge Organiser

**Science Focus:** Animals including humans

**Year 3:**

Autumn Term 1

## Key Knowledge

### Nutrients

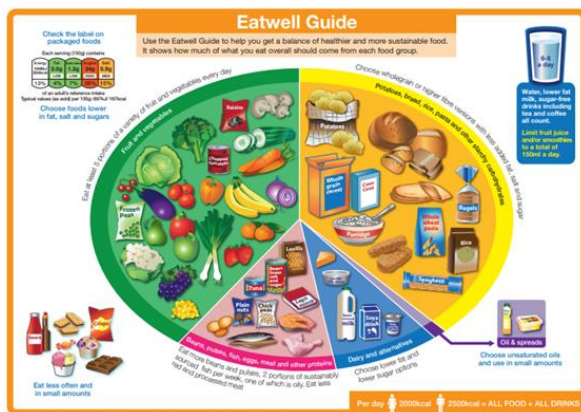
|                    |   |
|--------------------|---|
| Types of nutrients | There are 7 types of <b>nutrients</b> : <ul style="list-style-type: none"> <li>- <b>Carbohydrates</b></li> <li>- <b>Protein</b></li> <li>- <b>Fats</b></li> <li>- <b>Fibre</b></li> <li>- <b>Vitamins</b></li> <li>- <b>Minerals</b></li> <li>- <b>Water</b></li> </ul> |
| The role of water  | Water transports <b>nutrients</b> 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 <b>bones</b> . During childhood, some <b>bones</b> join together. Adults have 206 <b>bones</b> in their body.  |
| The role of the skeleton | The <b>skeleton</b> 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 <b>skeleton</b> on the inside of their body. Those with a backbone (spine) are called vertebrates.<br>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. |

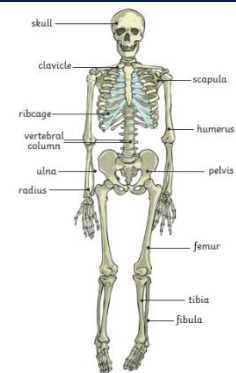


## Key Vocabulary

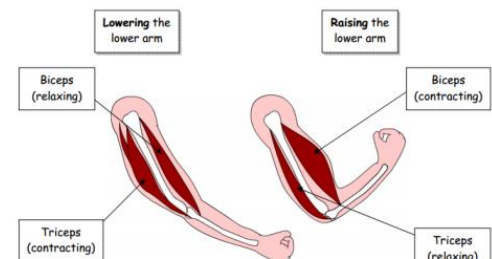
| Spelling      | Definition  |
|---------------|---|
| Healthy       | In good physical and mental condition.  |
| Food groups   | There are 5 main types of food we need for a balanced diet. These are on the Eat Well plate.              |
| Fats          | Provide energy.   |
| Bone          | The hard 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. Some animals have an exoskeleton (outside) and some have an endoskeleton (inside). |
| 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 larger  |
| Contract      | When a muscle tightens  |

## Diagrams and Symbols

### Bones



### Muscles



## Prior learning

In **Year 1**, you identified, named, drew and labelled the basic parts of the human body and were able to say which part of the body is associated with each sense.

In **Year 2**, you found out about and described the basic needs of animals, including humans, for survival (water, food and air). You then described the importance of exercise for humans, eating the right amounts of different types of food, and hygiene.

