Key Vocabulary		
healthy	in a good physical and mental condition	
nutrients	substances that living things 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	

- 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	BUDGET CRAIN WHOLEMEAL BREAD	provide <b>energy</b>
protein	YOGHURT	helps growth and repair
fibre	CEREAL PREMIUM WHOLEMEAL	helps you to digest the food that you have eaten
fats	PLAIN NUTS COCONUT OIL	provide <b>energy</b>
vitamins	PLAIN	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





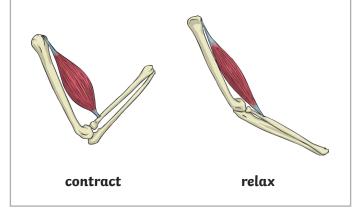
Animals Including Humans Year 3

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	

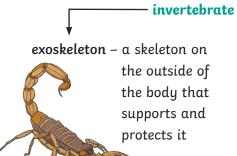
Skeletons do three important jobs:

- 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).







**hydrostatic skeleton** – a skeleton made



up of a fluid-filled compartment in the body called a coelom, mainly found in softbodied animals

