








## Year 3– Animals including animals. Spring term

| 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 |

### Key Vocabulary

|                         |  |
|-------------------------|--|
| <b>healthy</b>          | in a good physical and mental condition  |
| <b>nutrients</b>        | substances that living things need to stay alive and healthy                             |
| <b>energy</b>           | strength to be able to move and grow   |
| <b>saturated fats</b>   | types of fats, considered to be less healthy, that should only be eaten in small amounts |
| <b>unsaturated fats</b> | 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.

Different animals have different diets.

Herbivores eat plants



Carnivores eat animals.



Omnivores eat plants and ani-



mals

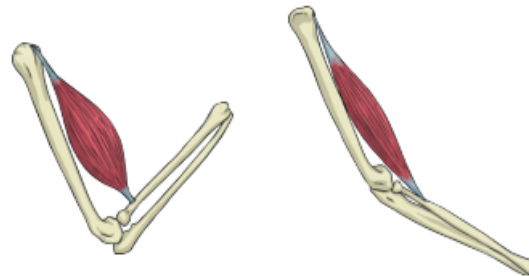
## Key Vocabulary

|                     |  |
|---------------------|--|
| <b>vertebrate</b>   | animals with backbones   |
| <b>invertebrate</b> | animals without backbones  |
| <b>muscles</b>      | soft tissues in the body that contract and relax to cause movement |
| <b>tendons</b>      | ords that join muscles to bones                                    |
| <b>joints</b>       | areas where two or more bones are fitted together                  |

Skeletons do three important jobs:

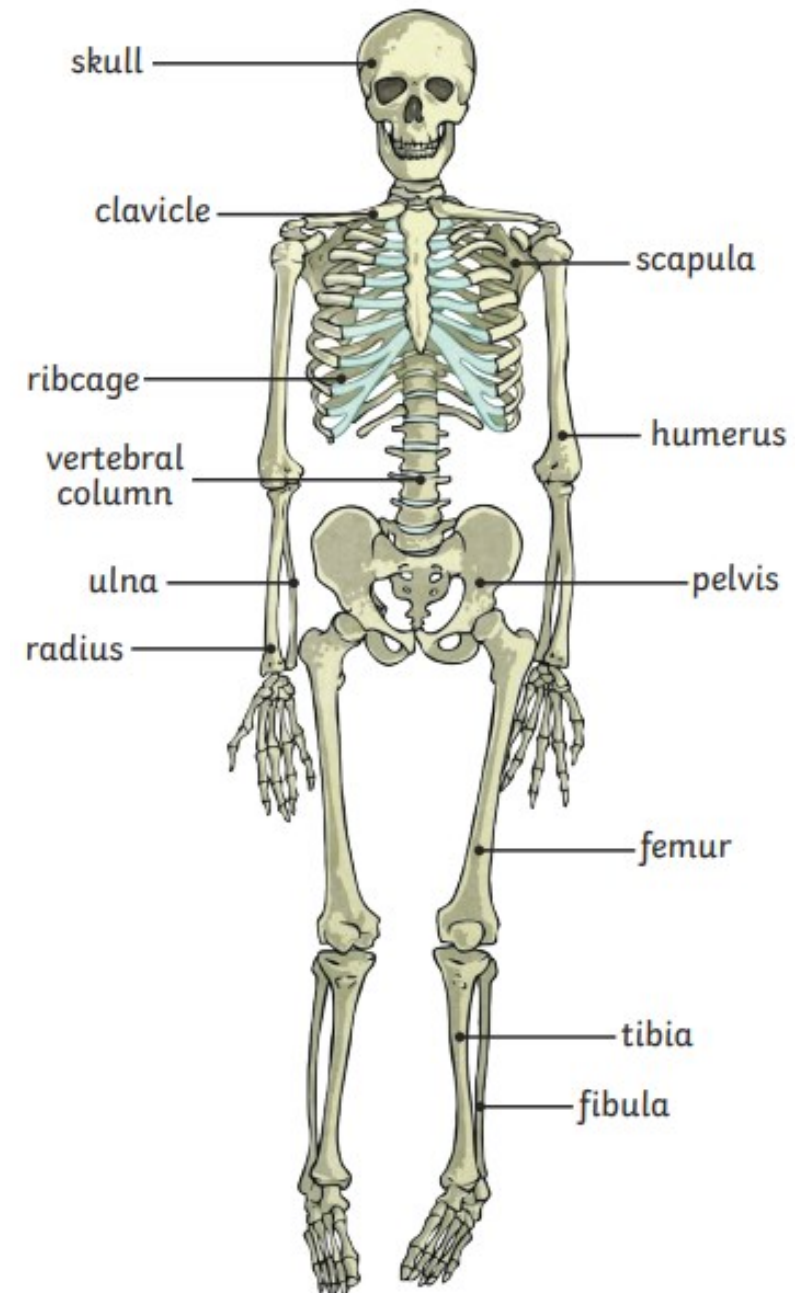
- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



**contract**

**relax**



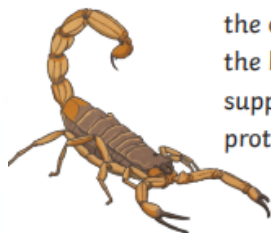
**vertebrate**

**endoskeleton** – a skeleton on the inside of the body that supports and protects it



**invertebrate**

**exoskeleton** – a skeleton on the outside of the body that supports and protects it



**hydrostatic skeleton** – a skeleton made up of a fluid-filled compartment in the body called a coelom, mainly found in soft-bodied animals

