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| **Year 3 Science The Natural world: Bodies are complex systems which need to be taken care of: Animals including humans** | | | |
| **Skeleton:** Keeps the body in shape, helps movement and protects organs. | **Skull**: A bone that protects the brain. | **Ribcage:** A set of bones that protects the heart and lungs. | **Heart:** A muscle that pumps blood around the body. |
| **Joints:** Area where two bones meet | **Consumers:** Eating food you cannot create yourself. | **Muscle:** Attached to the bone and are responsible for movement. | **Diet:** The kinds of food that a person or animal normally eats. |
| **Digest:** When food in the stomach is broken down. | **Vitamins:** Substances found in foods that keep you healthy. | **Nutrients:** Substances that helps plants and animals to grow. | **Organs:** Tissues in the body that perform functions. |
| **Human nutrition** | **Animal nutrition** | **Human skeleton** | **Muscles and exercise** |
| Animals, including humans, need the right types and amount of **nutrition** to keep them healthy. This is called a balanced **diet**.  Humans cannot make their own food, like plants can, and so they get nutrition from what they eat.  There are 5 main food groups which are fats, minerals, vitamins, proteins and carbohydrates.    To have a balanced diet means you need to have plenty of fruit and vegetables, bread and other starchy foods. Some milk or diary, meat, fish, eggs and beans as well as a small amount of sugar. | Animals can be grouped according to what they eat into:  **Carnivores** – feeds on other animals.  **Herbivores** – feeds on plants and only plants.  **Omnivores** – feeds on both plants and animals.  Most mammals are herbivores.  The amount of nutrition and exercise an animal needs depends on the type of animal and what their needs are.  A larger animal will need more nutrients compared to a smaller animal.  The teeth an animal has also depends on which group they are in. A carnivore e.g. a lion has sharp teeth to tear meat. A herbivore has strong, flat teeth for grinding e.g. a horse. | Humans are born with around 270 **bones** at birth but this total decreases to about 206 bones after some fuse together.  Humans and some other animals need skeletons for support, movement and protection.  **Your skull (cranium)** is for the protection of your brain.  **Your ribs (thoracic basket)** is for the protection of vital organs such as the lungs and heart.  **Your backbone (spine)** is for the protection of your spinal cords and for support. | **Muscles** are used every time we move. There are more than 600 muscles in the human body.  **Muscles** are attached to the bone by tendons and work in pairs to allow for smooth movement. To move a **joint**, one muscle contracts while the other muscle relaxes and becomes longer.    **Joints** are where two bones meet. They make the skeleton flexible – without them, movement would be impossible. Joints allow our bodies to move in many ways. |