








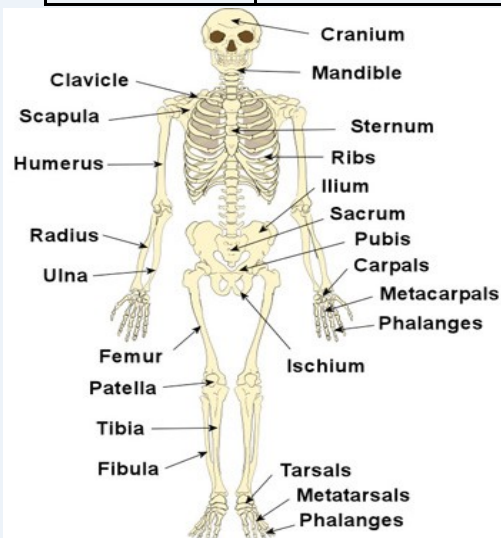
# Science Year 3 Autumn 1: Animals Including Humans

## Key vocabulary to learn and use in your learning.

Word	Definition
vertebra	Each of the small bones forming the back-
calcium	A mineral necessary for life, building bones and
nutrition	The process of providing or obtaining the food necessary for health and growth.
skeleton	The internal or external framework of bone.
joint	The place where two bones are joined to-
muscle	A bundle of fibrous tissue that produces
tendon	Cords that join muscles to bones.
vertebrate	Animals with backbones.
invertebrate	Animals without backbones.

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 knowledge to know and use.



There are over 600 muscles in the human body. Muscle is a soft tissue found in most animals. Their main function is to move the human skeleton by producing force and motion. The hardest working muscle is the heart.

The human skeleton is the internal framework of the body. It is composed of around 270 bones at birth – this total decreases to around 206 bones by adulthood after some bones get fused together.

- Living things need food to grow and to be strong and healthy. All animals, including humans, need the right types and amounts of nutrition, and that they can not make their own food; they get nutrition from what they eat.
- This is different for plants that are able to make their own food.
- It is important for humans to stay healthy by getting the right amount of exercise, eating a healthy diet and by being hygienic.
- All animals, including humans, need food, water and air to stay alive.