

Year 3: Food and our bodies

Skeleton

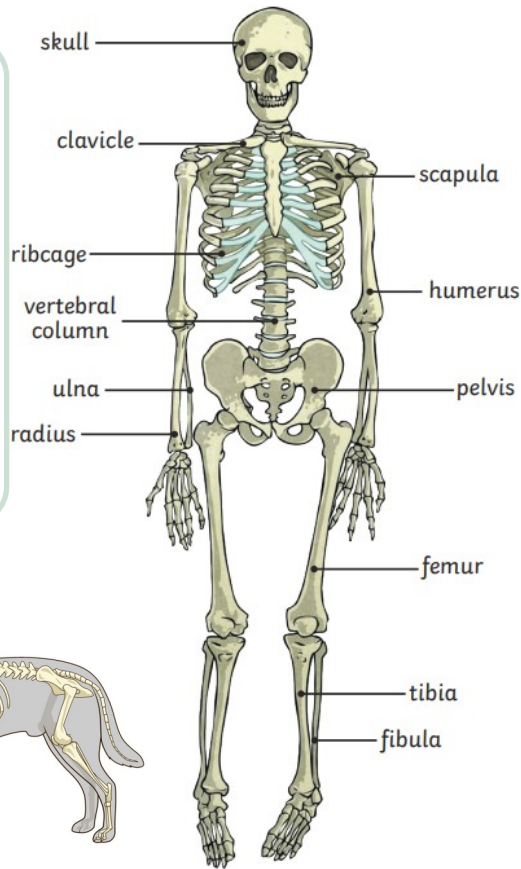
Skeletons do three important jobs:

Protect organs inside the body.

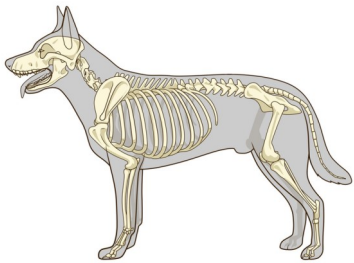
Allow movement.

Support the body and stop it from falling on the floor.

Human skeleton

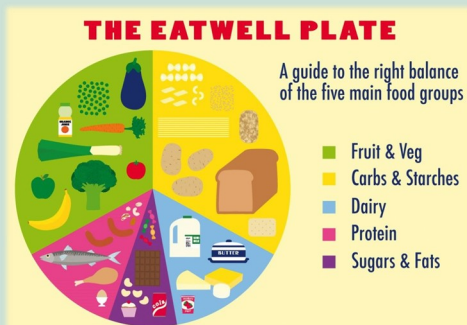


Dog skeleton



Food groups

To be healthy, a variety of nutritious food is needed to provide energy for the body.

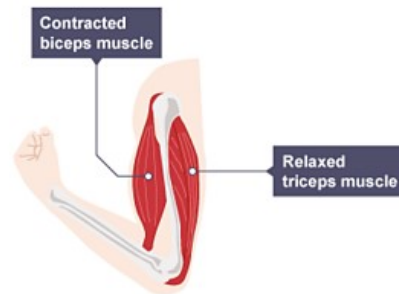


Nutrition

Animals, including humans, need the right types and amount of nutrition. They get nutrition from what they eat. Plants can produce their own food.



Muscles



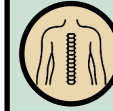
Skeletal muscles work in pairs to move the bones they are attached to by taking turns to **contract** (get shorter) and **relax** (get longer).



KEY VOCABULARY



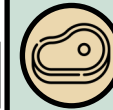
NUTRITION: substances that living things need to stay alive and healthy.



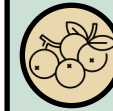
VERTEBRATE: Animals with backbones.



INVERTEBRATE: Animals without backbones.



CARNIVORE: Animals that mostly eat meat.



HERBIVORE: Animals that mostly eat plants.



OMNIVORE: Animals that eat a variety of meat and plants.



MUSCLES: a group of muscle tissues which contract together to produce a force.