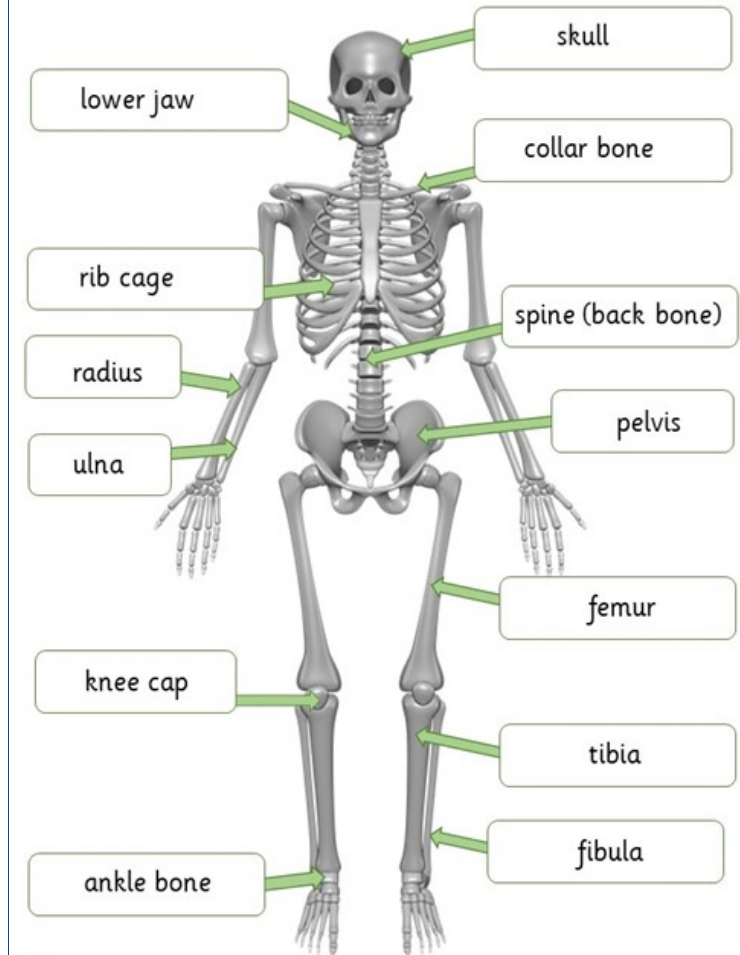


# Knowledge Organiser Science Year 3 Animals and Humans

## Key Vocabulary

|                       |   |
|-----------------------|---|
| bones                 | The hard parts inside your body which form your skeleton.                                 |
| carbohydrates         | These are the foods that give us energy. They are found in sugary and starchy foods.      |
| fibre                 | Fibre helps keep your digestive system in good working order and prevents disease.        |
| joints                | The place where 2 bones meet.   |
| muscles               | These are attached to bones and help us move.   |
| nutrition             | Food necessary for health and growth.   |
| nutrients             | Useful substances that help animals and plants grow.                                      |
| proteins              | These are important so the body can grow, repair and build muscle.                        |
| vitamins and minerals | Substances found in foods which keep us healthy. These are found in fruit and vegetables. |

## The skeleton



## What type of foods should we eat to keep healthy?



One type of food can provide a range of nutrients.