

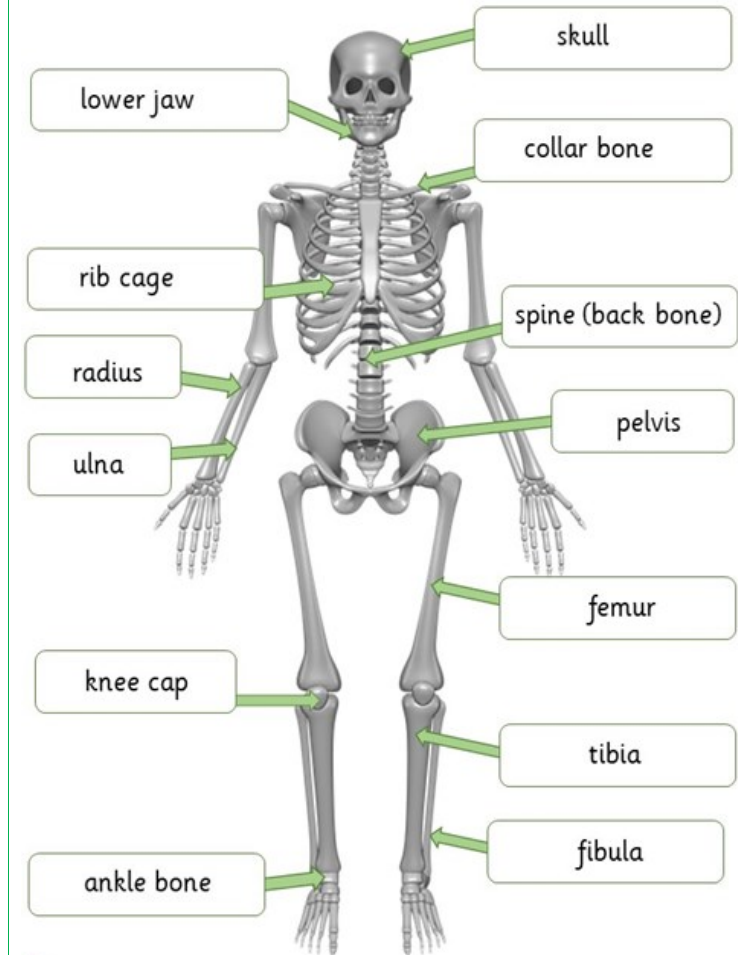


Knowledge Organiser Science Year 3 Animals and Humans

Key Vocabulary

skeleton	The firm framework of a vertebrate made of bone. It supports the soft tissues of the body and protects the internal organs.
carbohydrates	These are the foods that give us energy. They are found in sugary and starchy foods.
fat	Nutrients in food that the body uses to build nerve tissue and use as food.
fibre	Fibre helps keep your digestive system in good working order and prevents disease.
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.