

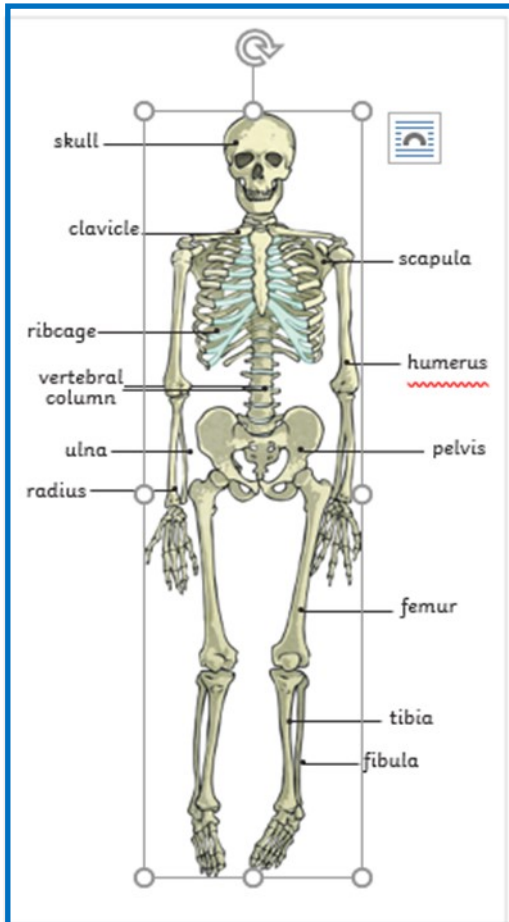
Year 3 Amazing Bodies

I should already know: -

Living things need food to grow and to be strong and healthy.
Plants can make their own food, but animals cannot.
To stay healthy, humans need to exercise, eat a healthy diet and be hygienic

Key vocabulary:

Survive, protection, shelter, food, balanced diet, nutrition, carbohydrates, protein, roughage, fibre, sugar, fat, dairy, skeleton, bones, protect, support, move, muscles, joints, tendons, vertebrate, invertebrate, spinal cord, brain, tail bone,



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

contract **relax**



Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

Glossary

healthy	in a good physical and mental condition	vertebrate	animals with backbones
nutrients	substances that animals need to stay alive and healthy	invertebrate	animals without backbones
energy	strength to be able to move and grow	muscles	soft tissues in the body that contract and relax to cause movement
saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts	tendons	cords that join muscles to bones
unsaturated fats	fats that give you energy, vitamins and minerals	joints	areas where two or more bones are fitted together