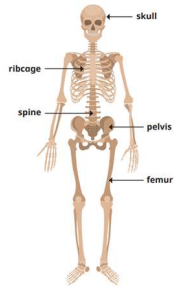


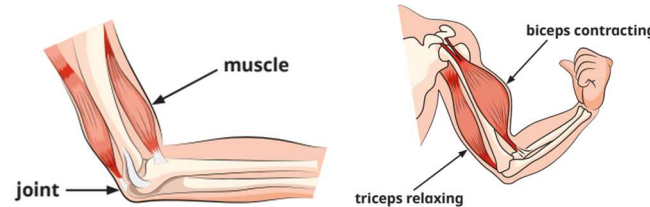
## Year 3 Knowledge Organiser - Animals including Humans



### Muscles

To **straighten** our arm, our **biceps relax** and our **triceps contract**. This straightens our arm. To **bend** our arm, our **biceps contract** and our **triceps relax**. This allows us to bend our arm at the elbow joint.

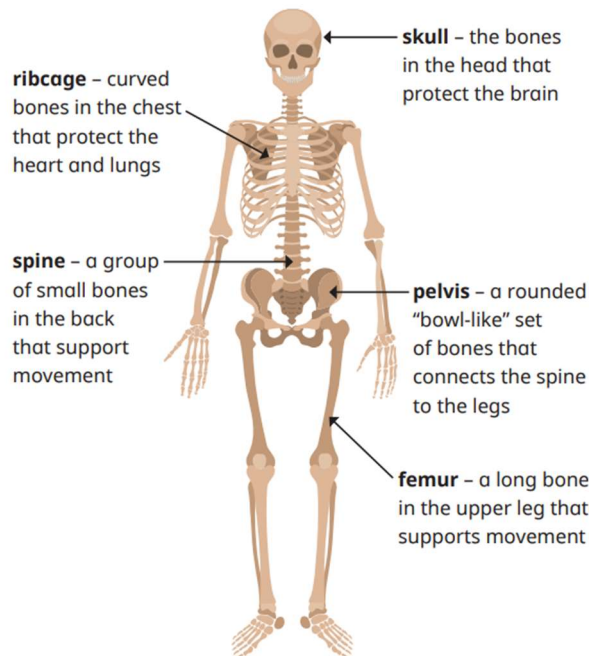
When we **stretch** our muscles, they become **longer** and **thinner**. When we **contract** our muscles, they become **shorter**.



### Key Vocabulary

- skeleton** – a collection of bones that provides protection and supports movement
- spine** – a group of small bones in the back that support movement
- exoskeleton** – a type of skeleton on the outside of an animal's body that provides support and protection
- joint** – a point where two or more bones connect
- fruit and vegetables** – provide the body with vitamins and minerals
- carbohydrates** – found in foods such as bread, cereals, pasta and rice
- proteins** – found in foods such as eggs, beans, fish and meat
- dairy products** – food made from the milk of an animal
- fats** – found in foods such as avocados, oil, butter, fried food and nuts
- sugars** – substances used to make food and drinks sweet
- vegan diet** – a diet that does not include meat or animal products
- vegetarian diet** – a diet that does not include meat but does include animal products such as cheese and eggs
- pescatarian diet** – a diet that includes fish but no other meat products
- omnivorous diet** – a diet that includes all food types

### Bones



### Nutrition

Humans need to eat a **healthy balanced diet**, that fulfils a person's **nutritional needs**.

**Nutrition** is the process of taking in and using food. Adults and children need lots of energy to help them **keep moving** and keep their **bodies healthy!**

**Children** also need food to help them grow. The Eatwell Plate shown below is a guide to help show us how much of each type of food we should eat.

