

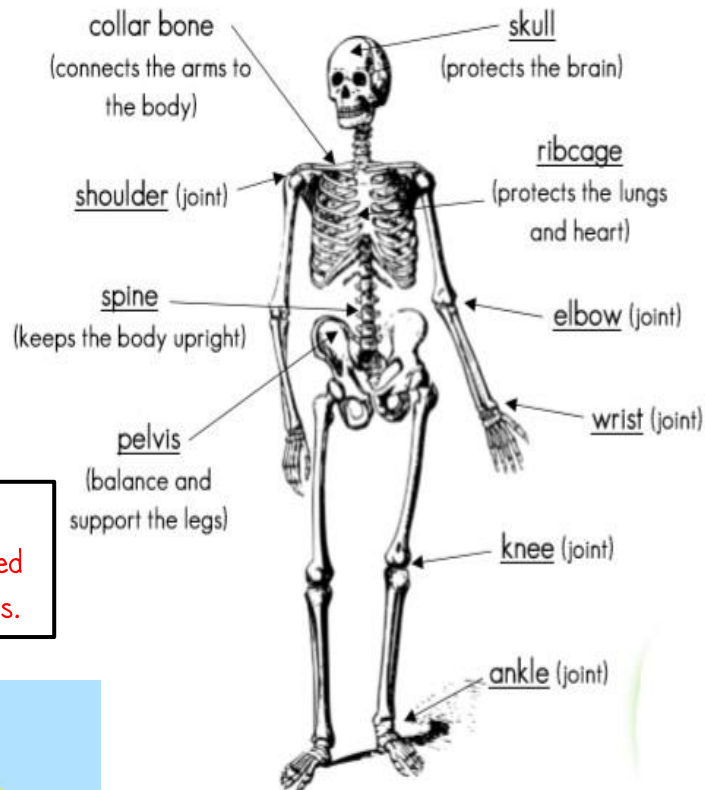
Year 3 Science Knowledge Organiser - Animals Including Humans

Word	Definition
Bones	The hard parts, in your body, that make up your skeleton.
Carbohydrates	These are foods that give us energy. They are found in sugary and starchy foods (potatoes, rice, pasta, bread).
Contract	When muscles tense
Fats	Stored for energy and creates a layer of fat to keep us warm (chocolate, sweets, butter, oil)
Fibre	This lets food pass quickly through your body. It helps keep your digestive system in good working order.
Joints	The place where two bones meet.
Muscles	An organ of the body which allows the body to move as they are attached to bones of our skeleton.
Proteins	These help repair and build muscles and organs in your body (fish, meat, eggs and cheese).
Nutrition	Food necessary for health and growth.
Nutrients	Useful substances that help animals and plants grow.
Skeleton	Is the strong structure made of bone which supports us so we can stand, protect internal organs from damage and allows movement.
Vitamins and Minerals	These help us to grow, form bone and muscle and prevent infection (fruit and vegetables).

Sticky Knowledge is in red!

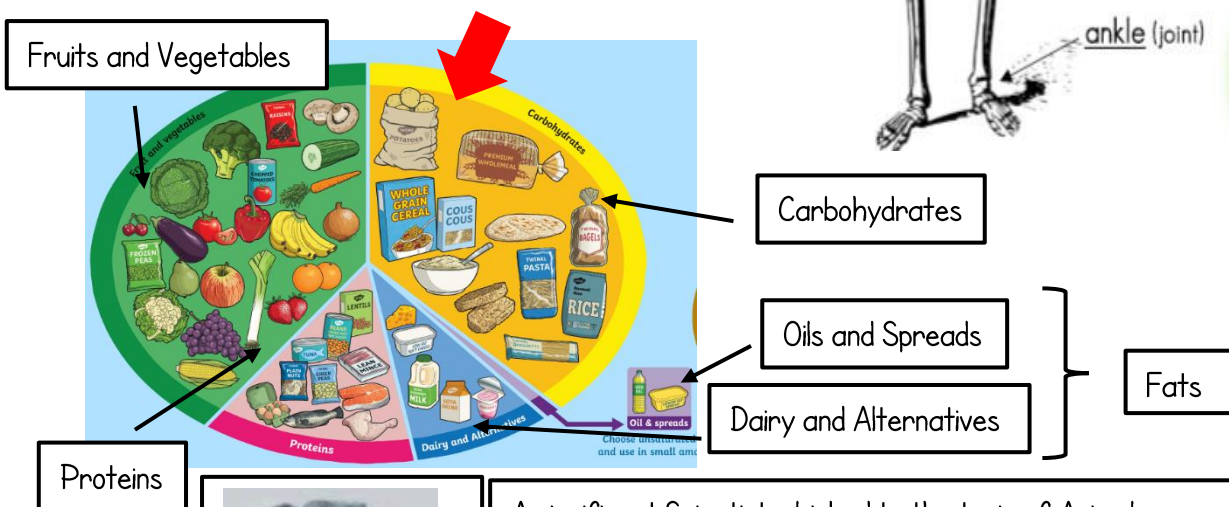
Skeletons and Muscles:

The skeleton protects our internal organs, keeps us supported and helps us move. Skeletons move because bones are attached to muscles. When a muscle contracts (tenses up), it gets shorter and pulls up the bone it is attached to. When a muscle relaxes, it goes back to its normal size.



HEALTHY EATING:

To keep your body fit and healthy you need a balanced diet using all of the food groups.



A significant Scientist - Linked to the topic of Animals Including Humans: Elsie Widdowson 1906-2000:

Elsie Widdowson was a British dietician and nutritionist who loved experiments. She wrote a book which told us for the first time what energy and nutrition was in different foods. She also played a key role in wartime rationing.