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| **Key Vocabulary** |
| **Carbohydrates** | Provide energy for the body. Found in grains, cereals, potatoes, bread, pasta and in some fruits and vegetables. | **Fibre** | Helps you digest your food. Found in cereals, fruit and bread. |
| **Protein** | Required for growth and repair of our bodies. Found in meats, poultry, fish, dairy products, eggs and beans. | **Vertebrates** | Are animals that have a backbone inside their body. The major groups include fish, amphibians, reptiles, birds and mammals. |
| **Fats** | Provide energy and help with building our bodies. Found in dairy products, red meats and some poultry and fish. | **Invertebrates** | Do not have a backbone. They have a soft body, like worms and jellyfish or a hard-outer casing covering their body, like spiders and crabs. |
| **Vitamins** | These are substances found in foods that keep you healthy. | **Endoskeleton** | A skeleton on the inside of a body. |
| **Minerals** | Keeps you healthy – gives your body essential nutrients that it needs. | **Exoskeleton** | A skeleton on the outside of the body. |

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| **Key Facts** |
| Skeletons protect the organs inside your body, allow movement, support your body and stop it from falling on the floor! |
| Muscles are attached to bones via tendons.  |
| Animals including humans cannot make their own food. Humans grow, gather and hunt for it and animals hunt, forage or graze. |
| Invertebrates do not have a backbone! They either have an exoskeleton or a hydrostatic skeleton.  |
| All mammals including humans are vertebrates because we have a backbone and endoskeleton. |
| A human skeleton is made of over 200 bones! |
| A human’s longest and strongest bone is the femur (thigh bone). |
| The largest animal skeleton that currently exists is the blue whale, these can be 25m long! |

**Year 3 – Autumn 1 - Animals including Humans**



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