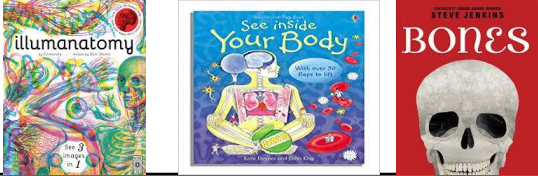



Year 3 Science : Animals Including Humans

Subject Specific Vocabulary		Interesting books	Sticky knowledge
Healthy	In a good physical and mental condition.		Living things need food to grow and to be strong and healthy.
Nutrients	Substances that animals need to stay alive and healthy		
Energy	Strength to be able to move and grow.		
Saturated Fats	Types of fats, considered to be less healthy, that should only be eaten in small amounts	<p>Our chosen scientist: David Attenborough</p> 	Plants can make their own food, but animals cannot.
Unsaturated Fats	Fats that give you energy, vitamins and minerals		To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.
Vertebrate	Animals with backbones.		
Invertebrate	Animals without backbones		
Muscles	Soft tissues in the body that contract and relax to cause movement.		
Joints	Areas where two or more bones are fitted together.	<p>Key questions</p> <ul style="list-style-type: none"> • Why do I need to be healthy? • What would happen if I only ate unhealthy foods? • What would happen if I didn't have a skeleton? • What do our muscles do for us? 	<p>Animals, including humans, need food, water and air to stay alive.</p> <p>Skeletons do three important jobs:</p> <ul style="list-style-type: none"> • protect organs inside the body; • allow movement; • support the body and stop it from falling on the floor. <p>Skeletal muscles work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).</p>