













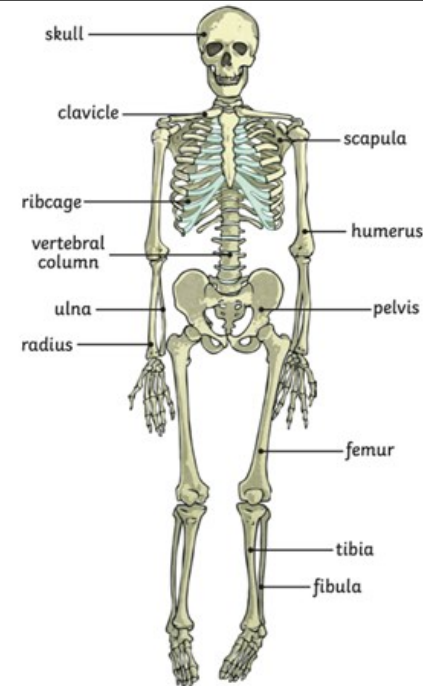
# Y3 Animals including humans

Key vocabulary											
Balanced diet		Eating a range of nutrient groups to give your body all it needs	Extinction		When a group of organisms die out.	Joints		Areas where two or more bones are fitted together.	Muscles		Soft tissues in the body that contract and relax to cause
Nutrients		Substances that living things need to stay alive and healthy.	Vertebrae		Animals with backbones.	Tendons		Cords that join muscles to bones.	Contract		When muscles are working and then get shorter.
Vitamin		Essential for normal growth and required	Invertebrate		Animals without backbones.	Cartilage		A rubber-like tissue that protects the ends of points	Loosen/relax		When muscles are not working and get

Types of nutrients	How they help our body	Examples
Carbohydrates	Provides <b>energy</b>	Bread, pasta, fruit, potatoes
Protein	Helps <b>growth and repair</b>	Red, meat, fish, beans, yogurt
Fibre	Helps to <b>digest</b> food	Cereals, apples, wholegrain bread, lentils
Fats	Provide <b>energy</b>	Nuts, oils, avocados, butter
Vitamins	Keeps you <b>healthy</b>	Oranges, carrots, beef, nuts
Minerals	Keeps you <b>healthy</b>	Milk, spinach, salt, sweetcorn
Water	<b>Moves nutrients</b> around the body	Tomatoes, cucumbers, lettuce, strawberries

Our skeleton has important jobs:

- Protects organs
- Allows movements
- Supports the body



## Muscles

Muscles are attached to the skeleton and are made up of soft tissues that make voluntary (think about) and involuntary (don't think about) movements.

**Voluntary muscle**



**Involuntary muscle**



Our muscles always work in partners. When a muscle is working it contracts. This means the partner muscle relaxes because it isn't working.

