



Animals including Humans Year 3

What I need to know

- Animals need to eat in order get the nutrients they need
- This is different to plants, which make their own food
- Food contains nutrients (carbohydrates, protein, vitamins, minerals, fats, sugars, , water and fibre)
- These nutrients help keep the body healthy.
- One piece of food can provide a lot of different nutrients
- Humans, and some other animals, have skeletons. Skeletons and muscles help them to move, provide protection and support.

Types of nutrition

Carbohydrates give us energy.

Foods with lots of carbohydrates include pasta, rice, oats, bread and cereals

Protein helps the bodies repair itself – especially muscles.

Foods with protein include meat, eggs and nuts

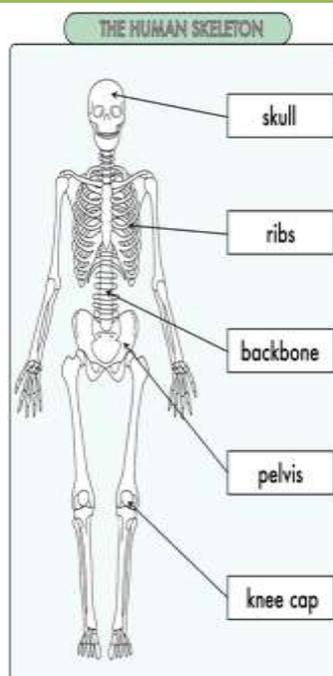
Vitamins and **minerals** performs lots of roles to keep our body healthy. Fruits and vegetables have lots of vitamins and minerals

Fibre helps our digestive system to work well. Foods high in fibre are often found in bread, cereal, potatoes and some fruits.

Fats give us energy but too much is unhealthy. Butter, cakes and fast food have lots of fat.



The Skeleton



- Exercise regularly
- Be hygienic (cleanliness)

Key Vocabulary

Nutrition	The food that your body needs to make your body be healthy and grow
Nutrients	Something in food that helps humans animals and plants live and grow
Skeleton	A connected group of bones that help shape and support out bodies
Muscles	Soft tissue around the bones that help it to move
Support	Take the weight of something or hold it up
Bones	A single section of the skeleton
Protect	Keep something safe from anything that may harm it
Joint	The point where two bones come together



Stay healthy tips for humans

- Eat a healthy and balanced diet



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