

Animals including Humans - Year 3

endoskeleton



exoskeleton



hydrostatic skeleton



Key Vocabulary

Backbone-the column of small linked bones down the middle of your back . Also known as a spine.

Bones-the hard parts inside your body which form your skeleton

Contract-to make smaller by drawing together; shrink or make tighter.

Endoskeleton-the internal skeleton of an animal, especially the bony skeleton of vertebrates

Energy- strength to be able to move and grow

Exoskeleton-the protective or supporting structure covering the outside of the body of many animals

Healthy- in a good physical and mental condition

Joints- the junction between two or more bones

Muscles-something inside your body which connects two bones and which you use when you make a movement.

Nutrients- substances that animals need to stay alive and healthy

Protect-protecting someone or something means to prevent them from being harmed or damaged

Relax-When a part of your body relaxes, or when you relax it, it becomes less stiff or firm

Saturated fats-types of fats, considered to be less healthy, that should only be eaten in small amounts

Skeleton- the framework of bones in your body support to hold something up

Unsaturated fats- fats that give you energy, vitamins and minerals

Vertebrate- a creature which has a spine

Key Learning

- To identify that animals, including humans, need the right types and amounts of nutrition.
- To understand that animals including humans cannot make their own food.
- To understand animals including humans get nutrition from what they eat.
- To identify that humans and some animals

Did you Know??

- Living things need food to grow and to be strong and healthy. •
- Plants can make their own food, but animals cannot.
- To stay healthy, humans need to exercise, eat a healthy diet and be hygienic. •
- Animals, including humans, need food, water and air to stay alive.

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy