

Knowledge Organiser Science Year 3 Animals and Humans

Key Vocabulary

bones	The hard parts inside your body which form your skeleton.
carbohydrates	These are the foods that give us energy. They are found in sugary and starchy foods.
fibre	Fibre helps keep your digestive system in good working order and prevents disease.
joints	The place where 2 bones meet.
muscles	These are attached to bones and help us move.
nutrition	Food necessary for health and growth.
nutrients	Useful substances that help animals and plants grow.
proteins	These are important so the body can grow, repair and build muscle.
vitamins and minerals	Substances found in foods which keep us healthy. These are found in fruit and vegetables.

What type of foods should we eat to keep healthy?



One type of food can provide a range of nutrients.

The skeleton

