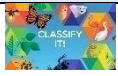


Year 3 knowledge organiser – Autumn 1

How can we take responsibility for making our community healthier?

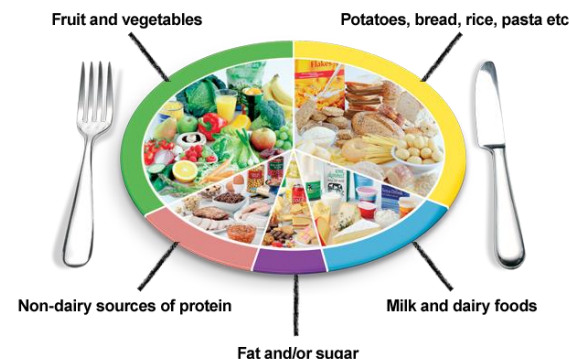
Vocabulary	
	Classify – to arrange (a group of people or things) in categories showing how they are the same and different.
	Skeleton - keeps the body in shape, helps movement and protects organs.
	Structure - All animals that live out of the water need a skeletal structure to support them.
	Protection - a person or thing that shields.
	Muscle - attached to the bone and are responsible for movement.
	Nutrition - the food and vitamins necessary for health and growth.
	Protein - the type of nutrient found in meats.
	Calcium – a mineral that is essential for healthy bones.
	Carbohydrates - the sugars, starches and fibres found in fruits, grains, vegetables and milk products.
	Fats - The body uses fat as a fuel source and to store energy.
	Tendons – cords that join muscles to bones.
	Joints - areas where two or more bones are fitted together
	Vertebrate - animals with backbones
	Invertebrate - animals without backbones

Skeletons do three important jobs:

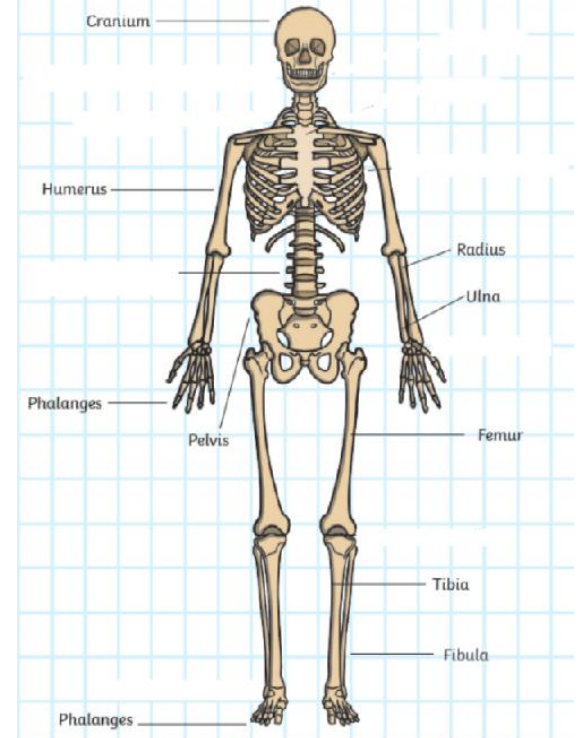
- **protect** organs inside the body
- allow **movement**
- **support** the body and stop it from falling on the floor.

- 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.

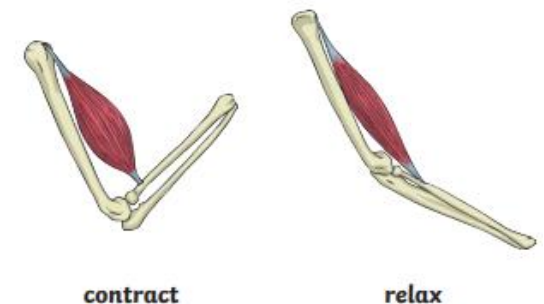
The eatwell plate



The Human Skeleton



Skeletal **muscles** work in pairs to move the bone: they are attached to by taking turns to contract (get shorter) and relax (get longer).



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