

# Year 3 – Animals including humans

Your smallest bone is in your ear and your largest bone is your femur in your leg.

There are 206 bones in the human body and over 650 muscles!

## ROCKET WORDS – learn these words and their definitions

| Key Word                     | Definition   |
|------------------------------|--|
| <b>nutrition</b>             | The process of taking in food and using it for growth, repair and energy   |
| <b>carbohydrate</b>          | A nutrient that gives you <b>energy</b><br><i>We should eat more complex carbohydrates, which are found in bread, potatoes and pasta, and fewer simple carbohydrates (sugars).</i> |
| <b>protein</b>               | A nutrient that helps your body to <b>grow</b> and <b>repair</b> itself<br><i>Meat, eggs, nuts and beans contains lots of protein.</i>   |
| <b>vitamins and minerals</b> | Nutrients that keep your body healthy<br><i>Fruit, vegetables and dairy are good sources of vitamins and minerals.</i>   |
| <b>fibre</b>                 | Helps food move through the gut<br><i>Wholegrains, fruit and vegetables are good sources of fibre.</i>   |
| <b>fat</b>                   | A nutrient that gives you <b>energy</b> and helps your body take in certain vitamins.  |
| <b>joint</b>                 | The part of a skeleton where two bones meet  |
| <b>muscle</b>                | Part of your body that can contract to produce movement  |
| <b>contract</b>              | To become shorter tighter and tense  |

## What is a balanced diet?

Animals, including humans, get **nutrition** from the things they eat. To stay healthy we should eat a **balanced diet**. This means eating a variety of foods and that gives the right amount of the nutrients needed for good health.

Have plenty of vegetables and fruit – these are great sources of **fibre, vitamins** and **minerals**.

Eat foods high in **protein**. Many of these foods also contain the **fats** you need.

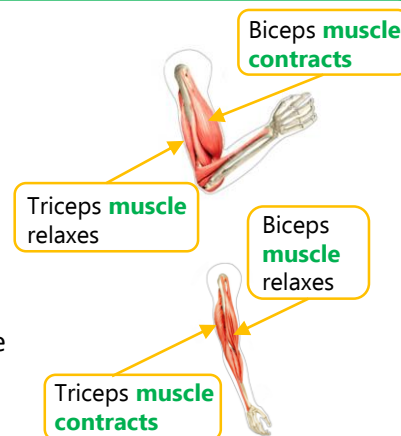


Make water your drink of choice.

Choose whole grain **carbohydrates** that are higher in **vitamins, minerals** and **fibre**.

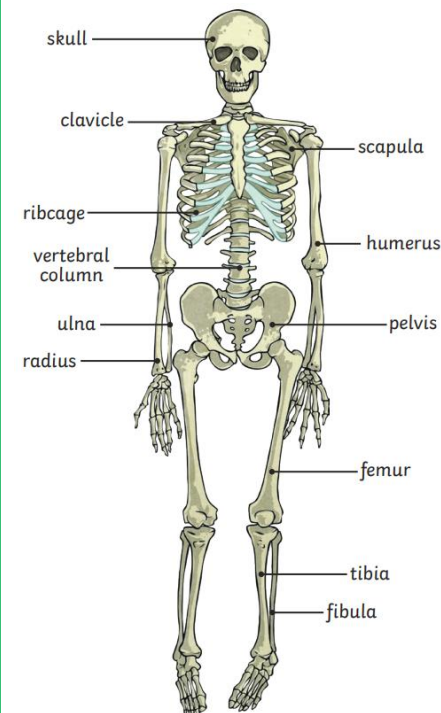
## Muscles and joints

- Bones fit together at **joints**.
- Muscles** make **joints** move.
- Muscles** work in pairs to move a **joint**. One muscle **contracts** and the other one **relaxes**.



## The human skeleton

Vertebrates, such as humans, have a framework of bones called a skeleton.



The skeleton has three functions (jobs):

1) **Protecting** your body parts (organs)

e.g. skull – protects brain  
ribcage – protect the heart and lungs

2) **Supporting** your body

3) **Allowing movement**