

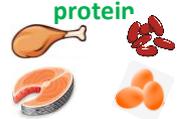


Year 3 – Animals including humans

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!

Vital Vocabulary

Key Word	Definition
nutrition	The process of taking in food and using it for growth, repair and energy
carbohydrate 	A nutrient that gives you energy <i>We should eat more complex carbohydrates, which are found in bread, potatoes and pasta, and fewer simple carbohydrates (sugars).</i>
protein 	A nutrient that helps your body to grow and repair itself <i>Meat, eggs, nuts and beans and dairy are high in protein.</i>
vitamins and minerals 	Nutrients that keep your body healthy <i>Fruit, vegetables and dairy are good sources of vitamins and minerals.</i>
fibre 	Fibre is a type of carbohydrate that the body can't digest. It helps food move through the intestines. <i>Wholegrains, fruit and vegetables are good sources of fibre.</i>
fat 	A nutrient that stores energy in your body and helps us absorb certain vitamins. <i>Sources include meat, fish, nuts, eggs, dairy and oils.</i>
joint	The part of a skeleton where two bones meet
muscle	Part of your body that can contract to produce movement
contract	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 to give us the right amount of nutrients that we need.

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.

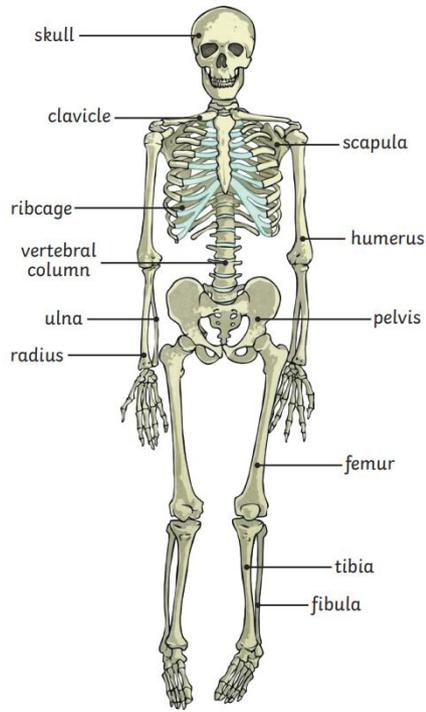
Make water your drink of choice.

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



The human skeleton

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

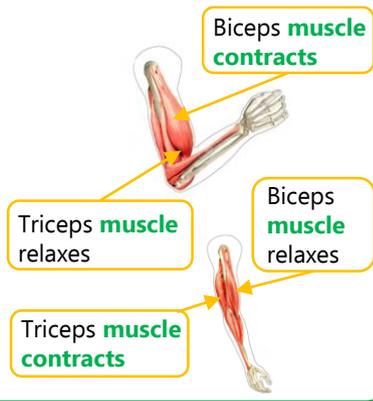


The skeleton has three functions (jobs):

- 1) Protecting** your body parts (organs)
*e.g. skull – protects brain
ribcage – protect the heart and lungs*
- 2) Supporting** your body
- 3) Allowing movement**

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**.



James Lind



James Lind was a Scottish doctor whose experiments found that citrus fruits could cure scurvy (a killer disease that affected sailors). We now know this is because they contain **Vitamin C** and that scurvy was caused by a lack of this **vitamin** in the diet.