Year Three- Science: Animals including Humans

Science

Vocabulary

Subject Specific Vocabulary	
carbohydrates, proteins, fats, fibre, vitamins, minerals and water	The main groups of nutrients which together, but in variable amounts, make up a balanced diet.
balanced diet	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.
nutrients	A substance that provides nourishment essential for the maintenance of life and for growth.
skeleton	The internal framework of the body made up of bones.
muscles	A body tissue consisting of long cells that contract when stimulated and produce motion
support	Bear all or part of the weight of; hold up.
protection	To cover or shield from exposure, injury, damage, or destruction
contract	The muscles fibres shorten, the muscle pulls on the ligaments that connect the bones and the movable body parts
relax	The muscle fibres come to their original position.

Sticky knowledge about 'Animals including Humans'
All animals, including Humans need the right amount of nutrients this means we need to eat a balanced diet.
A balanced diet should include food from the different food groups: carbohydrates, proteins, fats, fibre, vitamins, minerals and water.
Carbohydrates are needed for energy, proteins are needed for growth and repair, fats are needed for energy, fibre is need to help food move through the gut, vitamins and minerals are needed for healthy cells.
70% of the human body is made up of water.
Humans (and other animals) have a skeleton on the inside of their body. The skeleton has three jobs: **protection, support and movement.** The skeleton: - Protects the body parts (for example: the skull protects the brain), - Supports the body by holding the body together allowing us to stand up right. - Allows the body to move by having muscles connected to the bones and joints so the skeleton can bend.
Muscles and joints allow for movement. Muscles always work in pairs. To move a joint, one muscle gets shorter (contracts) and pulls the bone while the other muscle gets longer (relaxes).

Why isn't the future set in stone?

Scientific Lines of Enquiry