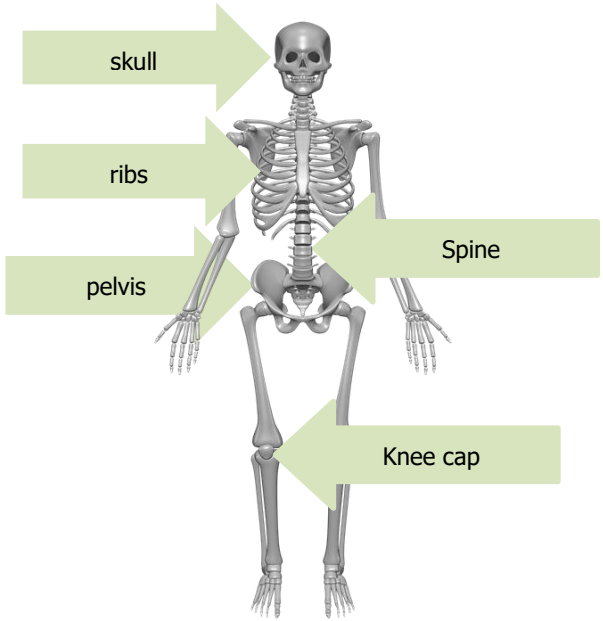
NUTRITION, SKELETONS and MUSCLES – Knowledge Organiser Year 3 Autumn 2

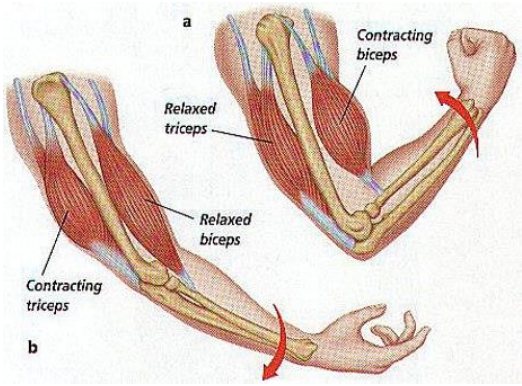
Vocabulary

nutrition	The 'goodness' in the food we eat. Helps us to stay alive and grow
function	The use or job of something
skeleton	A framework of bones in a human or animal's body
protection	Keeping something safe
support	Holding something up
joints	The places where two or more bones fit together
muscle	Parts of the body that pull bones around our joints to help us to move
contract	To become smaller or shorter
relax	To stop working and rest
exoskeleton	Means 'outside' skeleton – a hard covering that supports and protects the bodies of some invertebrates

Bones in the Human Body



Muscles

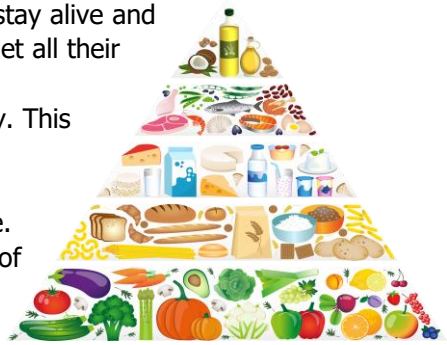


Muscles help us to move. When a muscle **contracts,** the muscle shortens and pulls on the bone it is attached to. When the muscle **relaxes** the muscle goes back to its normal size and the bone moves back again. Muscles usually work in pairs: as one muscle in the pair contracts, the other one relaxes.

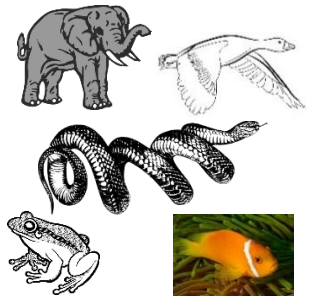
Nutrition

Nutrition is the 'goodness' in the food that we eat and is needed by the body to stay alive and grow. Animals, including humans, cannot make their own food so they need to get all their nutrition from the food they eat.

- It is important that animals have a 'balanced diet' so they can stay healthy. This means they get the right amount of different types of food.
- A food pyramid shows how much we need of the different types of food. The smaller the section of the pyramid, the less food we need of that type. For example, we only need a small amount of fats and sugars (at the top of the pyramid) but we need a large amount of fruit and vegetables (at the bottom of the pyramid).

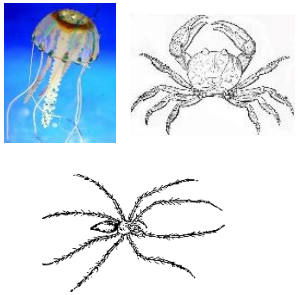


Vertebrates



Animals with a backbone

Invertebrates



Animals with no backbone

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