



Year 3 Biology: Animals including Humans

Subject Specific Vocabulary		Human Skeleton	Knowledge	
healthy	Keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep.		Animals need to eat in order to get the nutrients they need so they have enough energy to learn, play and grow.	
diet	Eating a balanced diet means choosing foods in the right amounts from each of the food groups.		A balanced and varied diet consists of different types of food that provide the right amounts of nutrients required for a healthy diet.	
nutrition	Nutrients are important substances found in food that your body needs to survive and grow.			<p>The skeleton provides support and helps us to move. Some bones protect our organs. For example, the skull protects your brain and your ribs protect your lungs.</p> <p>Muscles are responsible for our movement and the human body has over 600 of them.</p>
skeleton	The human skeleton is made of 206 bones and it grows as we grow.			
muscles	Muscles are attached to bones by tendons and help them to move. When a muscle contracts it gets shorter and pulls on the bone it is attached to.			
support	To hold something firmly or carry its weight.			
protect	To keep something safe from damage.			
move	To change position.			