

## Knowledge Organiser: Year 3 Summer Term

### Key Learning

Animals, unlike plants which can make their own food, need to eat in order to get the nutrients they need.

Food contains a range of different nutrients – carbohydrates (including sugars), protein, vitamins, minerals, fats, sugars, water – and fibre that are needed by the body to stay healthy.

A piece of food will often provide a range of nutrients.

Humans, and some other animals, have skeletons and muscles which help them move and provide protection and support.

### Prior learning:

Identify and name a variety of common animals including fish, amphibians, reptiles, birds and mammals. (Y1 - Animals, including humans) • Identify and name a variety of common animals that are carnivores, herbivores and omnivores. (Y1 - Animals, including humans) • Describe and compare the structure of a variety of common animals (fish, amphibians, reptiles, birds and mammals, including pets). (Y1 - Animals, including humans) • Find out about and describe the basic needs of animals, including humans, for survival (water, food and air). (Y2 - Animals, including humans) • Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. (Y2 - Animals, including humans)

# Animals including Humans

### Common Misconceptions

Some children may think:

- certain whole food groups like fats are 'bad' for you
- certain specific foods, like cheese are also 'bad' for you
- diet and fruit drinks are 'good' for you
- snakes are similar to worms, so they must also be invertebrates
- invertebrates have no form of skeleton

### Key Vocabulary

nutrition	The study of food and how it works in your body.
nutrients	the substances in food that our bodies process to enable it to function
carbohydrates	Are sugar molecules found in plant based foods.
protein	Builds, maintains, and replaces the muscles in your body.
vitamins	Nutrients that humans need in order to grow, reproduce, and be healthy
minerals	Inorganic nutrients
fibre	The part of plant food which is not broken down completely by our bodies
fat	The body also uses fat as fuel
Skeleton/ bones	The bones of the body form a framework called the skeleton
muscles	Movement in the body is controlled by muscles
joints	The places in your body where bones meet
spine	Is also called the backbone
skull	The bone that protects the head, face and brain.
ribs	The bones that protect the organs in the torso.