Year 3 Animals including Humans Knowledge Map

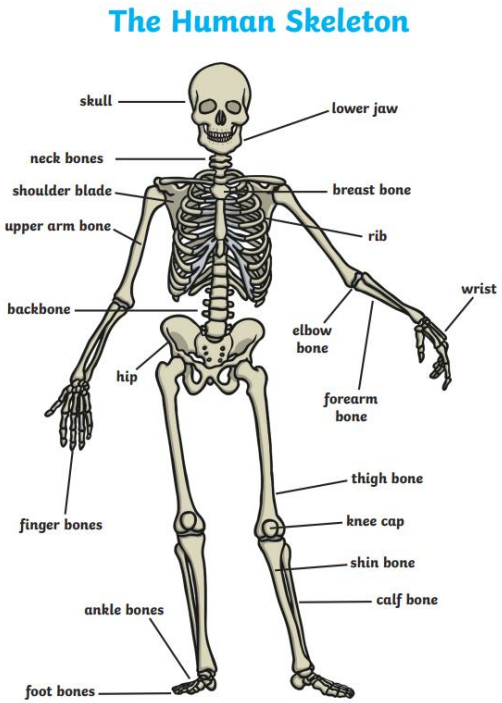
How do we look after and protect our bodies?

Subject Specific Vocabulary

Skeleton	The human skeleton is made of bone and grows as we grow.
Cranium/skull	A set of bones that protect the brain.
Spine	Your spine (backbone) is a strong, flexible column of ring-like bones that runs from your skull to your pelvis.
Organs	The main organs in the human body are the skin, kidneys, stomach, heart, liver, brain, and the lungs.
Muscles	Muscles are attached to bones and help the bone to move.
Vertebrate	Animals with a backbone.
Invertebrate	Animals without a backbone.
Carbohydrates	Carbohydrates give us energy. They are found in foods such as bread, potatoes and pasta.
Proteins	Proteins help our bodies to repair themselves. They are found in foods such as fish, meat, beans, nuts, seeds, eggs and cheese.
Dairy	Products made from milk such as, milk, butter, cheese, and yogurt.
Fats and oils	Fats help store energy for our bodies. They are found in foods such as butter, cheese, nuts and fried food.

Diagrams





Sticky Knowledge

Know the 5 food groups:
- Fruit and Vegetables
- Carbohydrates
- Fats and Oils
- Dairy
- Protein

Animals get energy through the food that they eat.

The skull protects the brain.

The ribs protect the heart and lungs.

The spine supports the body.

Muscles contract and relax to help us move