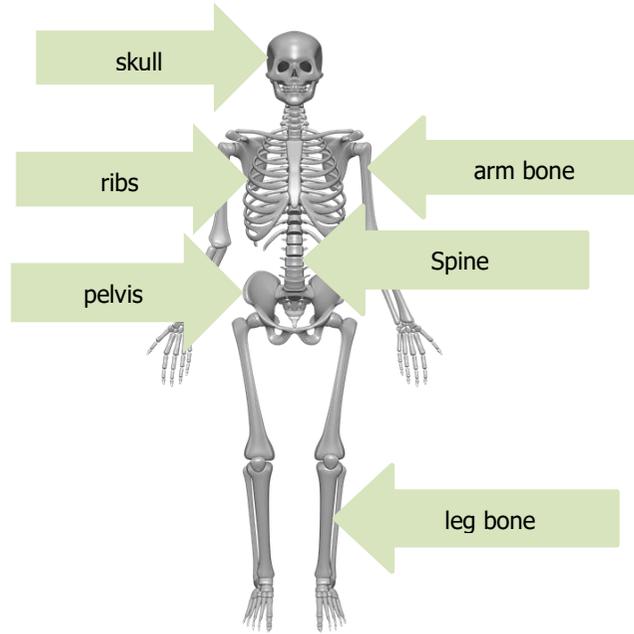


Nutrition, skeletons and muscles – Knowledge Organiser Year 3 Autumn 2

VOCABULARY

Skeleton	A framework of bones in the body of an animal (including a human).
Support	To hold something up.
Protection	To keep something safe.
Movement	To change the position of a person or thing.
Joint	The place where two bones fit together.
Muscles	Tissue that moves parts of the body.
Vertebrate	An animal that has a backbone.
Invertebrate	An animal that doesn't have a backbone.
Exoskeleton	Means 'outside skeleton' - a hard covering that supports and protects the bodies of some invertebrates.

Bones in the human body



Nutrition

Nutrients are in the food we eat. They help us to stay alive and grow.

Carbohydrates provide the body with energy. They can be found in foods such as pasta, bread, rice and fruit and vegetables.

Proteins are used to build and repair the body. They can be found in foods such as meat, eggs, fish and nuts.

Fats help store energy for the body and also insulate the body. They can be found in foods such as cheese, butter and cooking oils.

Fibre helps the body to digest food. They can be found in fruit and vegetables.

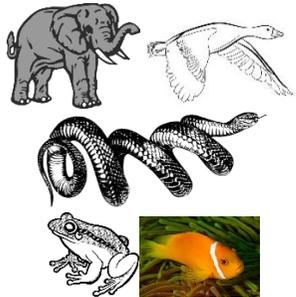
Vitamins and minerals help your body to work properly. Vitamins and minerals are in the food you eat everyday but some food contain more vitamins or minerals than others.

Water is essential for transporting nutrients around the body.

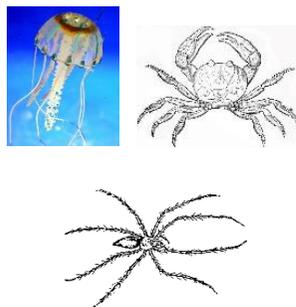
Vertebrates

Invertebrates

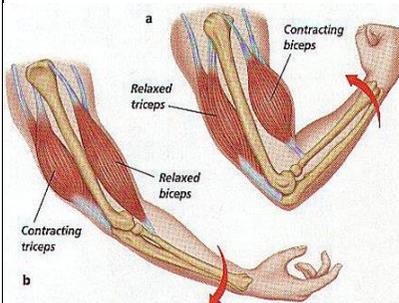
Have a back bone



Do not have a back bone



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 work in pairs.