



Year 3 Amazing bodies Knowledge Organiser

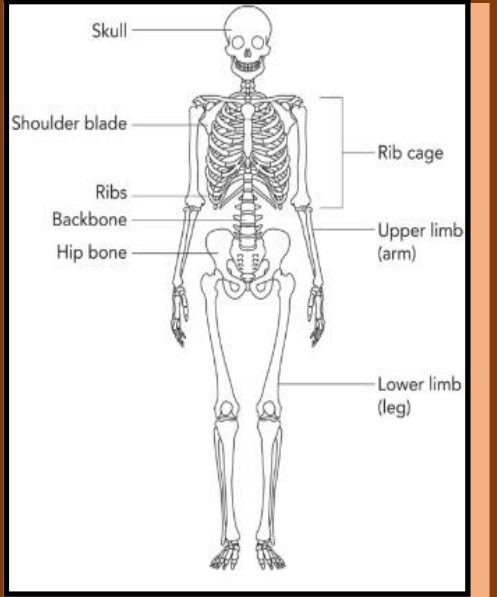
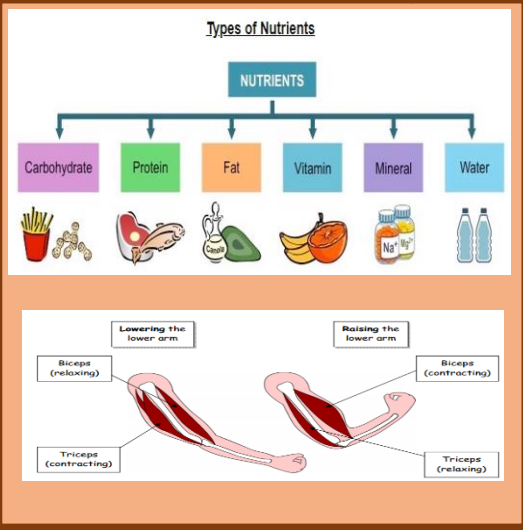
Star Vocabulary

healthy	in a good physical and mental condition.
Nutrients	Parts of foods that a living thing uses to survive and grow.
Skeleton	A structure made up of bones which keeps our organs safe, allows us to move and keeps us upright.
Minerals and vitamins	A group of substances which your body needs small amounts of to keep healthy.
muscle	A flexible band of tissue which contracts and relaxes to allow you to move.
Malnutrition	A condition where you don't get the right balance of nutrients. This could affect your growth make you ill or even kill you!

Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. (Y2 - Animals, including humans).

Describe the simple functions of the basic parts of the digestive system in humans. (Y4 - Animals, including humans)

- 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.



Progression

Similarities and differences and make observations of people.		Describe the importance for humans of exercise and eating a balanced diet		Describe the life process of reproduction in some plants and animals.	
	Describe the simple functions of the basic parts of the digestive system in humans. Identify the different types of human teeth.		Identify that human have skeletons and muscles for support, protection and movement.		Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function dispersal.