



Coleman Primary School

Year 3 Autumn 1 Knowledge Organiser

Science—Food and our Bodies

You already know...

- the basic parts of the human body (Y1).
- that animals and humans need food to survive (Y2).
- that it is important to eat the right types of food (Y2).

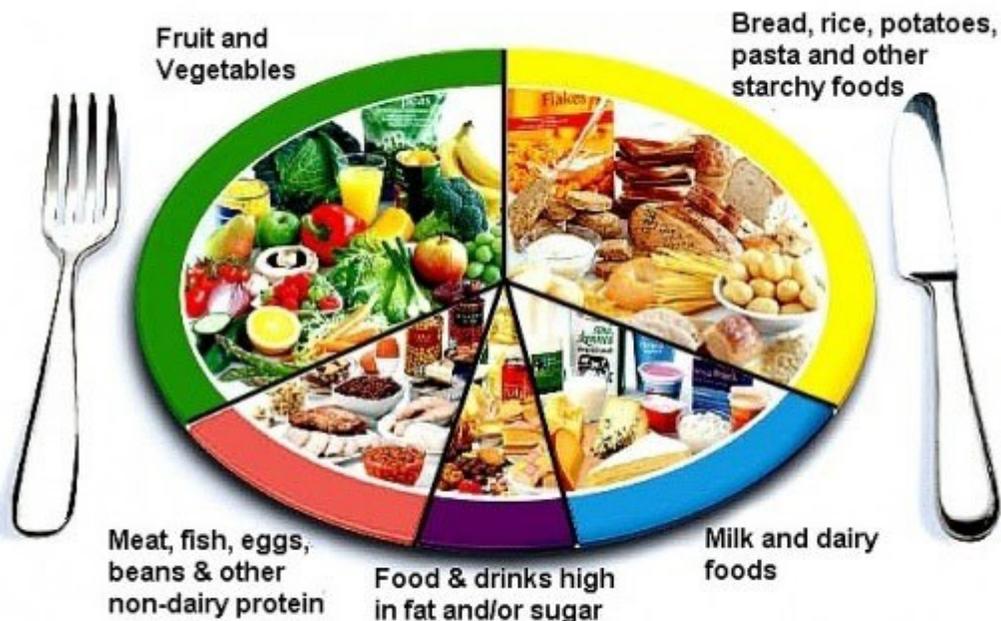


What you will know

- *To know that animals need the correct types and amounts of nutrition and that they can't make their own food.
- *To know that we get nutrition from what we eat.
- *To know that animals have skeletons and muscles for movement, support and protection.
- *To know the different food groups and why they are important.
- *To know the importance of a balanced diet.
- *To know the difference between vertebrates and invertebrates
- *To know that muscles work in pairs.



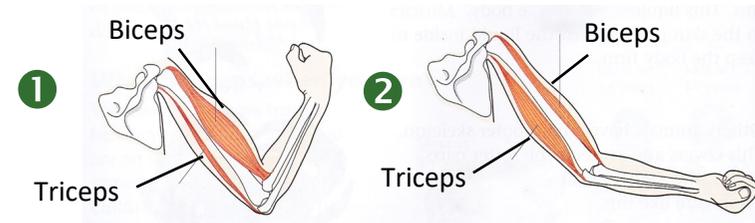
The eatwell plate



Scientific Vocabulary: Food and our Bodies

balanced diet: a diet that has the right amount of nutrients	muscle: special organs that can contract and relax
biceps: a large muscle at the front of the upper arm	nutrients: useful substances found in foods
contract: when a muscle gets shorter and pulls	relax: when a muscle stops contracting and becomes longer again
exoskeleton: a skeleton that some animals have that is outside their bodies like a suit of armour	skeleton: the name for the bones inside your body. The skeleton supports and protects the body, allowing movement
invertebrate: animal without backbone or internal skeleton including insects, spiders, worms, jellyfish & coral	triceps: a large muscle at the back of the upper arm
joint: where bones meet; there are different types of joint that can move in different ways to make the body move	vertebrate: animal with a spinal column or backbone including mammals, birds, amphibians and fish

Bending and stretching



Muscles work in pairs, for example the biceps and triceps in your arm which help your arm to bend and straighten.

- 1** When you bend your arm, the biceps contracts and the triceps relaxes.
- 2** When you stretch or straighten your arm the triceps contracts and the biceps relaxes.