

Science Focus:	Animals, including humans	Year: 3
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(Key Vocabulary / Spellings)

nutrition	carbohydrate	protein	energy
skeleton	healthy	skull	vitamins

(Key Knowledge)

Nutrition	
Where do animals, including humans, get nutrition?	Animals cannot make their own nutrition, it comes from what they eat.
Why do animals, inc humans, need the correct nutrition	For energy, to keep warm, for growth and repair.
What does '5 a day' mean?	The World Health Organisation recommends that we should eat at least 5 portions of fruit and vegetables every day to be healthy.



Skeleton and muscles	
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What is the job of the skeleton?	<p>The 3 main functions of the skeleton and muscles in a human body are:</p> <ol style="list-style-type: none"> 1) Protection - To provide a protective cage for the delicate organs inside. 2) Support - To support the body and keep it up. 3) Movement - Bones, along with joints enable actions like jumping, holding a pencil etc.
How many bones is a human skeleton made up of?	Humans have around 270 bones at birth – this total decreases to around 206 bones by adulthood after some bones get joined together.

