Key Vocabulary:

Nutrition: a substance in food that is important for the body to be healthy and grow

Balanced Diet: Eating from all food groups to ensure you are healthy

Skeleton: The skeleton protects our internal organs, keeps us supported and helps us move.

Support & Protect: help and keep safe

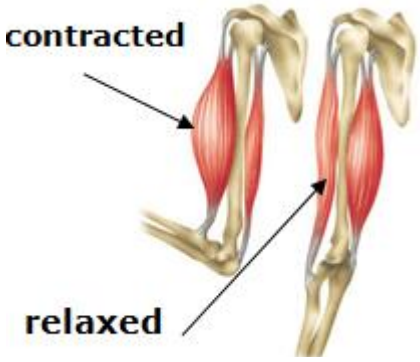
Vertebrates: An animal that has a backbone and a skeleton including humans

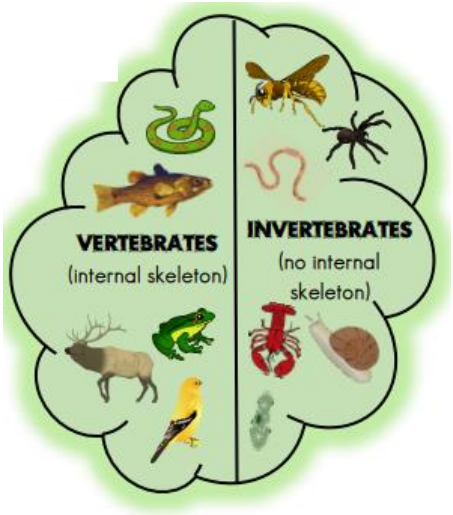
Invertebrates: An animal that does not have a backbone

Muscles: Soft tissue within an animal's body that connects two bones and which you use when you make a movement

Muscles

Skeletons move because bones are attached to muscles. When a muscle **contracts** (bunches up), it gets shorter and so pulls up the bone it is attached to. When a muscle **relaxes**, it goes back to its normal size.





Holy Family Halewood

Year 3/4 Science

Ourselves and Other Animals

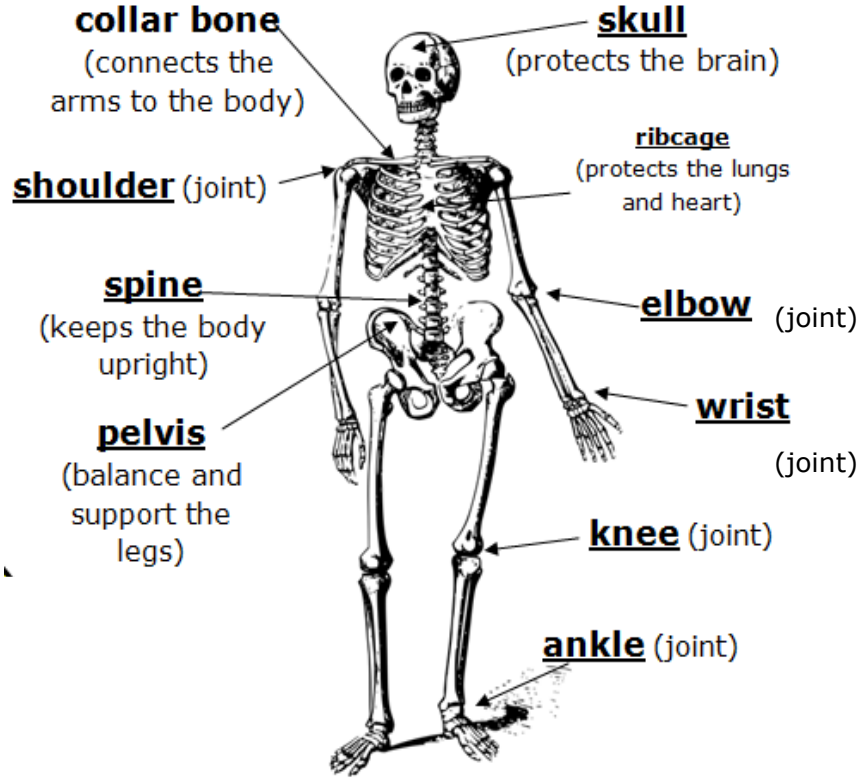
Learning Objectives:

- To identify that humans get the nutrition they need from what they eat
- To identify that a balanced diet is needed in order to stay healthy
- To investigate which foods different animals eat
- To explore human and animal skeletons
- To find out about how the skeleton supports and protects the body and to investigate how invertebrates are supported
- To find out what muscles are and how skeletal muscles help us to move

A Healthy Plate:

Carbohydrates – Main source of energy for our bodies (rice, potatoes, pasta and bread).

Protein – Repairs and builds muscles, organs and immunity (fish, meat, eggs and cheese).

Sugar and Fats – Stored for energy and creates a layer of fat to keep us warm. Should not have too much of these (chocolate, sweets, butter, oil, cream).

Vitamins and Minerals – Keeps us growing and fighting infections (fruit and vegetables).