



St Joseph's Catholic Primary School – Year 3

Animals including Humans

Gospel Value
Love

What I should know-

- Humans are part of the animal kingdom and share the same characteristics
- Food has many different jobs. Some food helps us grow. Other food gives us energy. Different food gives us important vitamins and minerals to keep us healthy.

Key Knowledge

Food is a balance of different nutrients that our bodies need. If we eat too much or too little of the food we need, then we can become unwell.

A small amount of fat is part of a healthy diet. It is essential for giving us energy and keeping our brain and nerves healthy.

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.

Humans and some animals have skeletons and muscles which help them move and provide protection and support.

Key Vocabulary

minerals – substances needed for good health
skeleton – framework of bones in the body that gives it shape, helps it move, and protects important organs
skull – bone that protects the brain
voluntary – done with the control of the brain
involuntary – done without the brain's control
nerves – fibres that send signals around the body that help us sense and react
biceps – large muscles in the upper arm
triceps – muscles in the back of the upper arm
vertebrae – bones that make up the backbone
vitamins – nutrient that the body needs in small amounts to function and stay healthy
proteins – essential food nutrients that help your body grow, build muscles, make your organs work
carbohydrates – found in some foods, like rice, pasta and potatoes, that give us energy

