

Science - Year 3 - Summer 2 - 2024

Animals including humans



STICKY KNOWLEDGE

Proteins help the body to grow and repair.	Nutrition labels help you make healthier choices towards a balanced diet.	There are 3 different types of skeleton.
The human endoskeleton protects organs and to gives structural support.	Animals' skeletons have adapted over time to help them move in their environment.	Muscles support voluntary and involuntary movement.

KEY VOCABULARY

Nutrients	Substances that animals need to stay alive and healthy
Saturated fats	Types of fats, considered to be less healthy, that should only be eaten in small amounts
Unsaturated fats	Fats that give you energy, vitamins and minerals
Muscles	Soft tissues in the body that contract and relax to cause movement
Vertebrate	Animals with backbones. Vertebrates have an endoskeleton (inside the body)
Invertebrate	Animals without backbones. Invertebrates have an exoskeleton (outside the body) or hydrostatic skeleton (no bones)

