The Orchard Primary School: SCIENCE KNOWLEDGE ORGANISER

Topic: The Human Body and Nutrition | Year: 3 | Term: Spring

What should I already know about

That food can come from many different sources.

Know basic parts of the human body, and know which part is associated with which sense.

That to be healthy people require a balanced diet.

Key questions

How can we classify animals?

What would happen if we had no bones?

How do muscles move our body?

What do we need to consider when providing a meal for someone?

Diagrams & Images

Vocabulary

skeleton	The system of bones that provide support and protection to the body.
exoskeleton	A hard, outer layer that invertebrates have to protect themselves, instead of an internal skeleton.
endoskeleton	An internal skeleton or supporting framework in an animal.
nutrition	Fuel for our bodies. When animals eat food, their bodies break it down into smaller parts called **nutrients**
calcium	It is a mineral to keep our bones strong and healthy. Milk, green are all good sources of calcium.
protein	A food group used for growth and repair. Foods like meat, fish, eggs and dairy products contain lots of protein.
muscles	Muscles are like rubber bands that can stretch and contract. They help to keep our bodies upright and support us when we move.
joints	Joints are the parts that connect different bones together and allow for movement.
voluntary muscles	These are muscles we can control, like the ones in our arms and legs.

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involuntary muscles	These are muscles that work without us having to think about it.
contract	The process when muscles shorten, tighten, or lengthen when moving around.
allergy	A condition where the body severely responds to certain foods and chemicals.
intolerance	A condition where certain foods don't digest properly and can cause illness.