

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide <b>energy</b>
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide <b>energy</b>
vitamins		keep you <b>healthy</b>
minerals		keep you <b>healthy</b>
water		moves <b>nutrients</b> around your body and helps to get rid of waste

Etwall Primary School

## Animals including Humans

Year 3/4

### Key Vocabulary

**Healthy** Being in a good physical and mental condition.

**Nutrition** Animals getting the food they need to grow and be healthy.

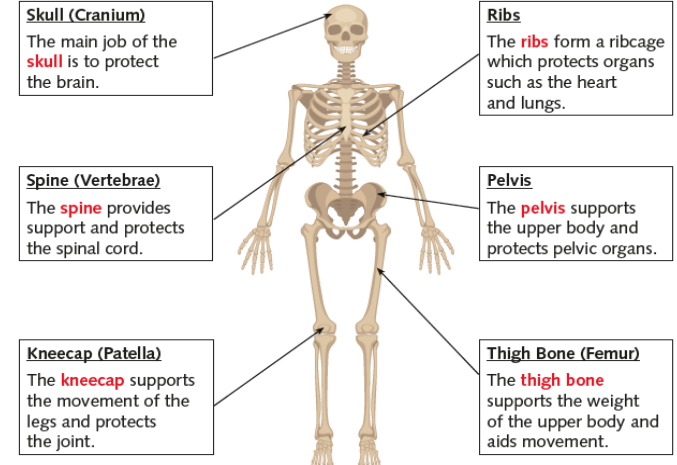
**Energy** The strength to be able to move and grow

**Joints** Where two or more bones are fitted together.

**Tendons** Cords that join muscles to bones

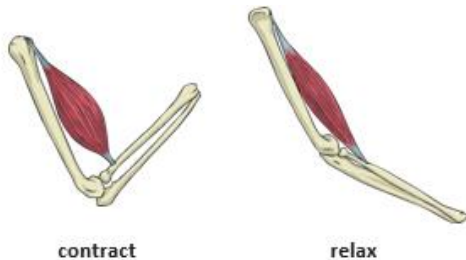
Humans and lots of other animals, have a structure of bones inside them called a **skeleton**. The skeleton has three main jobs:

1. Supporting the rest of the body.
2. Protecting the organs
3. Helping with movement.

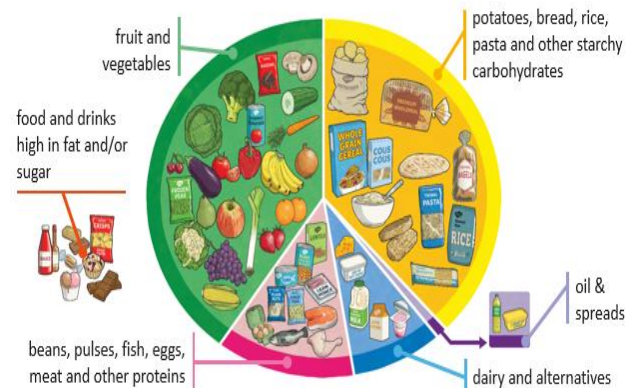


### Muscles

Help the body to move by providing the forces (pushes and pulls) needed to move the bones at the joints. Muscles work in pairs: when one muscle in a pair contracts (get shorter) the other relaxes (get longer) to allow movement.



### Eatwell Guide



Vertebrates are animals that have a backbone inside their body. The major groups are fish, amphibians, reptiles, birds and mammals.



**Invertebrates don't have a backbone.** They either have a soft body, like worms and jellyfish, or a hard outer casing covering their body, like spiders and crabs.

