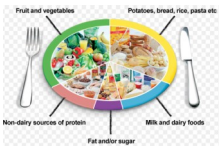
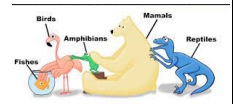
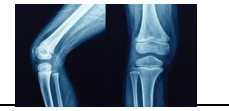
St Sebastian's Primary School Knowledge Organiser

Term: **Autumn 1** Subject: **Science** Year Group:**3**

Vocabulary		
Word	Picture	Definition
balanced diet		When humans get the right amount of each food group.
exoskeleton		A solid covering on the outside of an animal
insect		A small invertebrate with 6 legs
invertebrate		An animal without a backbone
ribcage		Bones in the chest which form a 'cage' to protect the heart and lungs (organs).
vitamins		Found in foods and are needed to be healthy.
vertebrate		Animals that have a backbone.
joints		Where 2 parts of the skeleton join together.

Muscles are soft tissues in the body that work in pairs to contract and relax to cause movement.

Contract - when the muscle tightens and gets shorter, pulling the bone.

Relax — when the muscle lengthens, allowing the bone to move



contract



relax

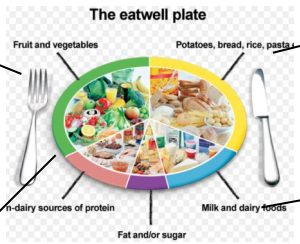


Some animals, including humans, have an internal **skeleton** inside their body.

This **supports** the body, **protects organs** and **allows movement.**

Living things need food to grow and be healthy. Plants can make their own food but animals cannot so need to eat a balanced diet.

Fruit and vegetables provide vitamins and minerals plus fibre.



Proteins are important to help us grow.

Dairy gives us calcium for healthy bones and teeth.

Carbohydrates give us energy.

Dairy gives us calcium for healthy bones and teeth.