

Key Vocabulary: **Year 3 Animals including Humans**

balanced diet – the food we should aim to eat

exoskeleton – a skeleton on the outside

carbohydrates – nutrients that provide energy

muscle – parts of our body which **contract**

(get shorter) and cause bones to move

nutrients - substances needed by living

things to survive and grow

pelvis – the bone around the base of the spine

proteins – nutrients needed for growth

ribcage – bones which protect the heart and lungs

skeleton – the system of bones

skull – the bone protecting the brain

spine – backbone

vitamins and minerals – nutrients found in small amounts in food which are necessary for health.



Why does our body need food?

How can I eat a balanced diet?

What animals have an exoskeleton?

Why do some animals have no skeleton?



