







Year 3 Science - Summer 2 - Animals, including humans

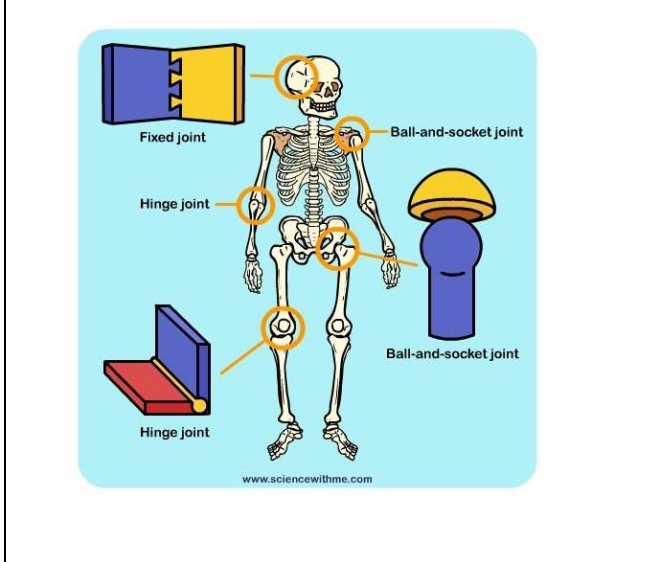
Vocabulary

Nutrients	A substance providing nourishment needed for life and growth.
Balanced Diet	A diet containing a variety of foods, giving required nutrients needed for growth.
Iron	A mineral you can find in many foods mainly in fruit / vegetables and protein
Calcium	A mineral that can be found in many dairy products
Obesity	To become overweight where it can cause harm to your body
Disease	A condition that harms the human body
Cartilage	Flexible connective tissue found in many areas of the body including around joints
Fuse	When bones join together as we get older
Contract	Decrease in size and becoming more rigid.
Relax	To become less rigid.
Muscle	A group of cells in animals that have the ability to contract, allowing movement.
Joint	Where two parts of the skeleton are fitted together.

Nutrients

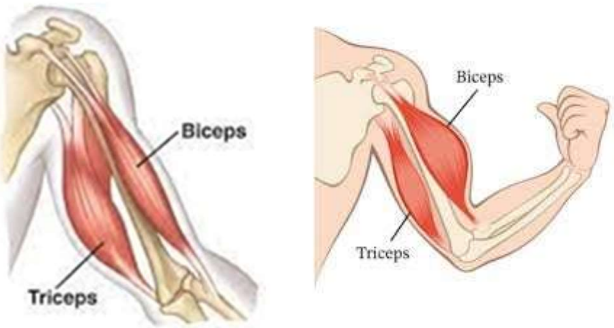
Carbohydrate	Fats	Protein	Fibre	Vitamins	Minerals	Water
						
Provide lots of energy, which can get stored as fat if not used.		Helps the body to grow and repair.	Helps your body to keep the digestive system clean.	Keeps the body healthy.		Moves each of these other 6 nutrients around the body.

Joints



Muscles

- Muscles work in pairs.
- Muscles only pull. They don't push.
- The Biceps muscle pulls your arm up.
- The Triceps muscle pulls it down.



The diagrams show the Biceps muscle on the front of the arm and the Triceps muscle on the back of the arm. The Biceps is shown contracting to pull the arm up, while the Triceps is shown contracting to pull the arm down.