

**Year Group: 3**  
Spring

**Knowledge Organiser:** Science

**Theme:** Animals including Humans



**Key Learning**

Humans need the right types of food (called nutrition) and the right amount. This is called a balanced diet.




Humans get nutrition from what they eat, and cannot make their own food (they are consumers, not producers).

Humans and some other animals have skeletons and muscles for support, protection and movement.

**What have I learnt already?**

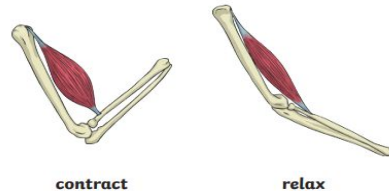
Animals can be described as carnivores (they eat other animals), herbivores (they eat only plants) or omnivores (they eat both).

Animals have certain survival needs, including food, water and shelter.

Producers	Consumers	Decomposers
Make their own food	Eat other organisms for food	Break down dead material
		



Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



Key Vocabulary:	
word	definition
Protein	This nutrient that helps you grow and repair your body
Carbohydrate	This nutrient gives us energy
Fat	This nutrient helps the body store energy
Nutrients	A range of substances that the body needs to survive and grow
Skeleton	The framework of bones to support and protect the body
Bones	Living tissue that makes up the skeleton
Muscles	These allow our bodies to move