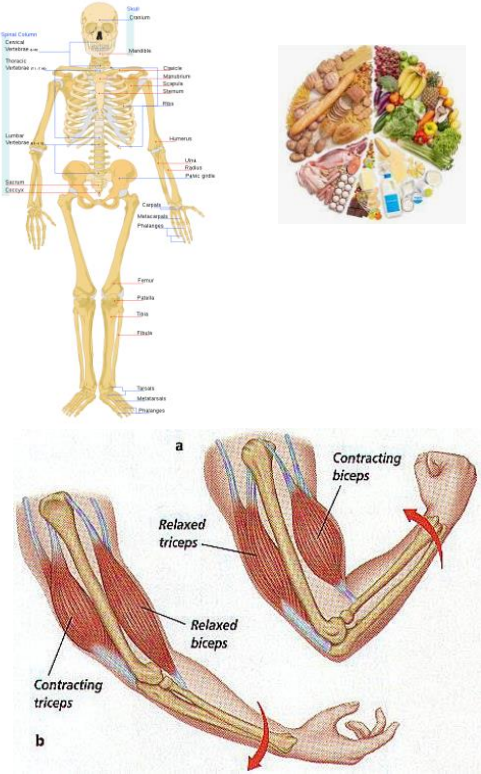


Year 3: Food and our Bodies Knowledge Mat

Subject Specific Vocabulary	
balanced diet	A diet that has the right amount of nutrients.
biceps	A large muscle at the front of the upper arm
carbohydrates	Nutrients found in sugary foods such as sweets or starchy foods, e.g. potatoes or pasta. They provide energy.
contract	When a muscle gets shorter and pulls.
relax	When a muscle stops contracting.
exoskeleton	A skeleton that some animals have that is outside their bodies like a suit of armour.
fats	Nutrients found in foods such as butter; these foods give you energy and insulate your body.
femur	The long bone at the top of the leg.
humerus	The long bone at the top of the arm.
joint	Where bones meet; there are different types of joint that can move in different ways to make the body move.
muscle	Special organs that can contract and relax.
nutrients	Useful substances found in food.
protein	Nutrients found in foods such as fish; used in your body for growth and repair.
skeleton	Supports and protects the body allowing movement.
triceps	A large muscle at the back of the upper arm.
vertebrate	Animal with a spinal column or backbone including mammals, birds, amphibians, fish and reptiles.

Working Scientifically

- Gather, record, classify and present data in a variety of ways to help in answering questions.
- Record findings using simple scientific language, drawings, labelled diagrams, keys, bar graphs and tables.
- Report on findings from enquiries, including oral and written explanations, displays or presentations of results and conclusions.



The diagrams illustrate the human skeleton and muscle systems. The top diagram shows a full human skeleton with labels for various bones such as the skull, spine, ribs, and limbs. The middle diagram shows a circular collage of various food items representing different nutrients. The bottom diagram shows two views of an arm: (a) showing the biceps contracting and the triceps relaxing to bend the arm, and (b) showing the triceps contracting and the biceps relaxing to straighten the arm.

By the end of this unit, I will know...

Animals including humans cannot make their own food so need to eat different kinds of food to stay healthy.

Different foods provide different nutrients, including carbohydrate, protein, fibre, vitamins, minerals, fat and sugar.

The bones of our skeleton provide us with a strong structure supporting and protecting the rest of the body.

The ribs form a protective structure around the heart and lungs; the skull protects the brain.

Bones are moved using muscles. They work in pairs; one muscle contracts and pulls in one direction, then another contracts and pulls back while the original muscle relaxes.

When broken our bones will repair themselves. Doctors use casts or splints to make sure they grow back straight.

Our famous scientist for the term is: Dr Diane France

