

Cunningham Hill Junior School - Science Knowledge Organiser - Food Glorious Food - Year 3

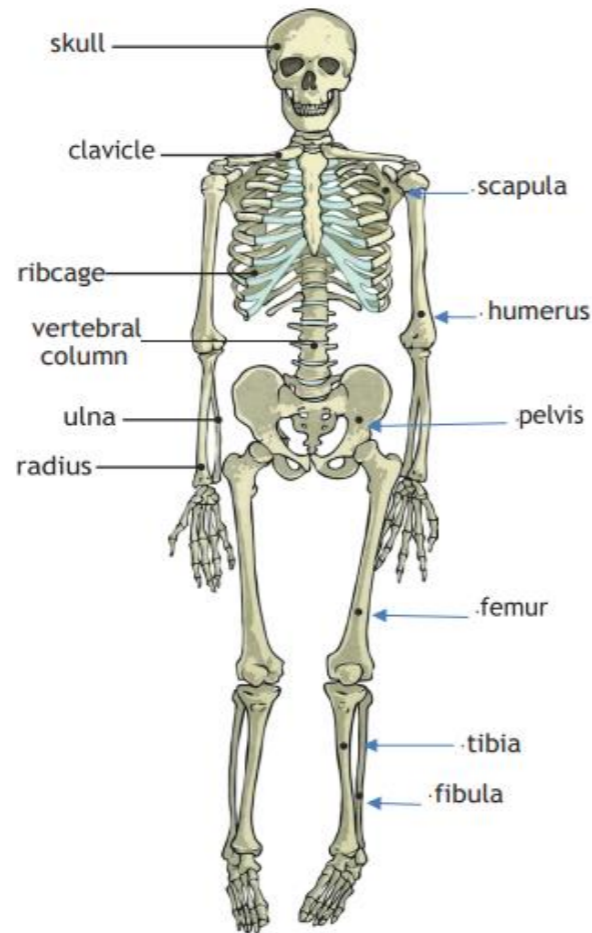
Skeletons:



skeleton	This supports and protects the body allowing it to move.
bones	The hard parts inside your body which form your skeleton .
joints	The place where 2 bones meet.

Bones in the body:

The **skeleton** of a new-born baby has nearly 300 **bones**. They need this many to be flexible, but as they grow the **bones** and cartilage fuse together.



The adult human body has 206 **bones**!

What do our skeletons do?

- a) Protect our organs
- b) Allow movement
- c) Support our bodies

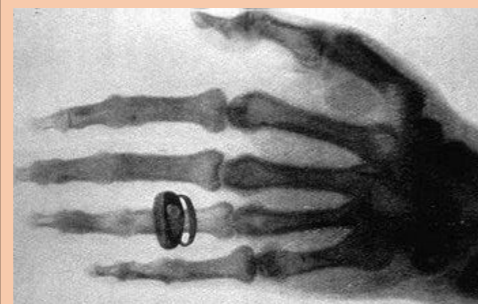
Significant Scientist:



Wilhelm Conrad Röntgen (1845-1923)

Wilhelm Röntgen was a German physicist who discovered x-rays in 1895. He was awarded many honours and won the Nobel Prize for physics in 1901.

The first X ray was of his hand. What do you think the lump on his finger is?



Food Groups and Nutrition:

Living things need food to grow and to be strong and healthy.

To stay healthy, humans need to exercise, eat a balanced healthy diet and be hygienic.

Plants can make their own food, but animals cannot.

Animals, including humans, need food, water and air to stay alive.

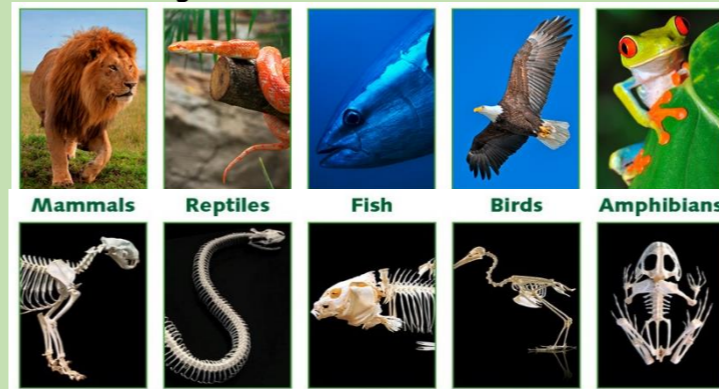


Key Vocabulary:	Use in the body:
nutrition	Food necessary for health and growth.
nutrients	Useful substances that help animals and plants to grow.
energy	Strength to be able to move and grow.
vitamins and minerals	These are used to keep your body healthy: vitamin C keeps your gums, skin and joints healthy and Calcium is a mineral which is vital for healthy bones and teeth.
fibre / roughage	Fibre or Roughage is necessary to keep your digestive system healthy. It comes from certain types of carbohydrates, fruit and vegetables.
water	All animals need water to stay alive as it moves nutrients around the body.
1 carbohydrates	Carbohydrates provide you with energy to move and keep warm.
2 fruit and vegetables	Provide us with vitamins and minerals.
3 fat	Provides energy. There are 2 types of fat: saturated and unsaturated .
4 dairy	Provides the us with vitamins and minerals such as calcium.
5 protein	Protein is needed for growth and so that body can repair and build muscles.

Vertebrae:

Invertebrates	Animals without backbones, instead they may have an exoskeleton (insects) or a hydrostatic skeleton (jellyfish).
Vertebrates	Animals that have bones inside their bodies (endoskeleton) with backbones (spine).

Categories of animals with vertebrae:



Muscles:

Muscles are soft tissues in the body that contract and relax to cause movement. They are connected to the **bones** with **tendons**.

contract	relax

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