

# Science—Year 3-Animals, including Humans

## Key Knowledge

- Animals, including humans, get nutrition from what they eat and cannot make their own food.
- There are 5 main food groups: carbohydrates, protein, dairy products, fruit and vegetables, fats and sugars.
- One third of our meals should be carbohydrates. One third should be fruit and vegetables, One sixth each of protein, fats and sugars and dairy.
- Animals with a back bone are called vertebrates. Animals with out a backbone are called invertebrates.
- Humans, fish, birds, lizards, mice, dogs, frogs, squirrels, foxes are examples of animals with a skeleton.
- Worms, butterfly, slugs, snails, jelly fish and squid do not have a skeleton
- Muscles and the skeleton are used for support, protection and movement.
- The skull protects the brain
- The spine protects the spinal cord
- The ribs and pelvis protect the internal organs

## Key People

**Francis Glisson** (1597-1677) discovered Rickets. Rickets is a **bone disease that affects infants and young children**. The child's growing bones fail to develop properly due to a lack of vitamin D. This can result in soft and weakened bones, fractures, bone and muscle pain,



## Vocabulary

|                            |                      |              |        |
|----------------------------|----------------------|--------------|--------|
| nutrition                  | carbohydrates        | skeleton     | Skull  |
| nutrients                  | protein              | muscles      | Spine  |
| food types                 | vitamins and mineral | support      | Ribs   |
| fruit and vegetable        | fat                  | protection   | Organs |
| bread, rice, potato, pasta | fibre                | movement     |        |
| milk and dairy foods       | water                | vertebrate   |        |
| fat or sugar               | balanced diet        | Invertebrate |        |
| meat, fish, egg, beans     |                      |              |        |



**James Lind** (1716-1794), a Scottish doctor discovered Scurvy. Scurvy is a **disease caused by a serious vitamin C deficiency**. Not eating enough fruits and vegetables is the main cause of the disease. Left untreated, scurvy can lead to bleeding gums, loosened teeth and bleeding under your skin

