

Tier 3 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 such as potatoes and pasta; these provide energy
Carnivore	An animal that only eats meat
Contract	When muscle gets shorter and pulls
Endoskeleton	A skeleton on the inside of your body that supports and protects it
Excretion	Getting rid of waste (urine and faeces)
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 give you energy and insulate your body
Femur	The long bone at the top of the leg
Herbivore	An animal that only eats plants
Humerus	The Long bone at the top of the arm
Joint	Where bones meet, there are different types of joints that can move in different ways to make the body move
Muscle	Special organs that can contract and relax
Nutrients	Useful substances found in foods
Nutrition	Taking in and using food
Omnivore	An animal that eats plants and meat
Protein	Nutrients found in foods such as fish, used in your body for growth and repair
Relax	When a muscle stops contracting
Respiration	Breathing
Reproduction	Able to have babies
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 and fish

Working and thinking scientifically

We are being scientists by:

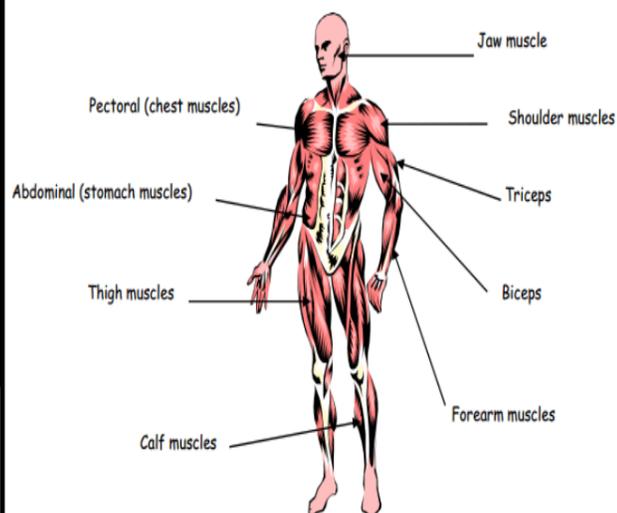


Key Facts

Animals and humans need	The same things to stay alive
Animals and humans must	Eat food to get nutrition
Animals and humans cannot	Produce their own food
Humans need to eat	A balanced diet to get the right amount of nutrition
Humans must eat	Food from all food groups
Food that humans eat	Can be divided up into different groups,
Bones provide us with	A strong structure supporting and protecting the rest of our body
A skeleton is	A strong, rigid structure inside the body made of bones.
The ribs	Protect the heart and lungs
The skull	Protects the brain
Adults have	206 bones and babies are born with 300 that fuse together
Some animals have	Exoskeletons or no bones at all
Bones are moved	By muscles
Muscles are	Attached to bones by tendons
Muscles move bones by	Contracting and getting shorter which pulls on the tendon
There are different types of joints	Sliding, fixed, ball and socket, the elbow and knee

Pictures and Diagrams

Some of the body's main muscle groups



The Human Skeleton

