# Year 3—animals, including humans

## New Vocabulary

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| **Skeleton** | The frame of bones supporting a human or an animal. |
| **Muscles** | Soft tissue in the body that allows us to move. |
| **Tendons** | Tissue in the body connecting bone to muscle. |
| **Nutrients** | Substance needed to survive and for growth. |
| **Adapt** | Make something suitable for it's surrounding |

## Food

Animals, including humans, cannot make their own food. They get the nutrition they require to live through the foods they eat. It is important for humans to have a balanced diet, with the correct amount of food from each food group.
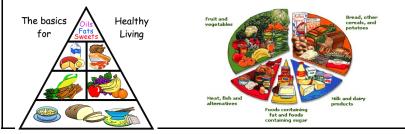
**Carbohydrates:** Give us energy (pasta, bread, potatoes)

**Proteins:** Help our bodies to repair themselves (meat, fish)

**Fats:** Help store energy (butter, cheese, fried food)

**Dairy:** Important source of calcium (milk, cheese, yoghurt)

**Fruits and vegetables:** Full of vitamins, minerals and fibre

## Skeletons

Skeletons provide a structure for animals. Some bones also protect important organs and help us to move. For example, humans have a rib cage to protect their heart and lungs. Skulls protect our brains.

Some animals don't have a backbone, we call these animals invertebrates (e.g. worms, slugs and jellyfish). Animals who do have a backbone are known as vertebrates (mammals, birds, reptiles).

## Muscles

Alongside a skeleton, animals have muscles. Tendons (tissue) attach the muscles to the skeleton. Muscles are used for every movement. Humans exercise to make their muscles stronger.

## Animal adaptations

Some animals have adapted over time to adjust to their habitats. Animal adaptations take time, it takes several generations for these adaptations to happens.

For example:

- Polar bears have think layers of fat and fur to help them survive the cold weather. Their white fur matches the white snow to protect them from hunters.

- Ostriches have thick, long eyelashes which helps to keep sand out of their eyes.

- Some animals have eyes on the sides of their head, meaning they can see much more around them.