

Year 3 Knowledge Organiser-

How do we keep our bodies healthy?

Vocabulary

fruit and vegetables



Plants that are healthy to eat.

muscles



Things in our body that help us move.

nutrition



The good parts of food that keep us healthy.

skeleton

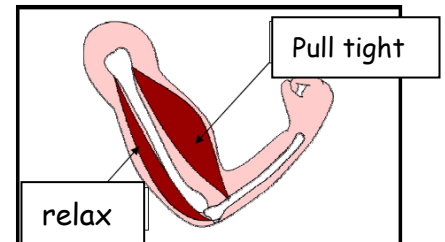
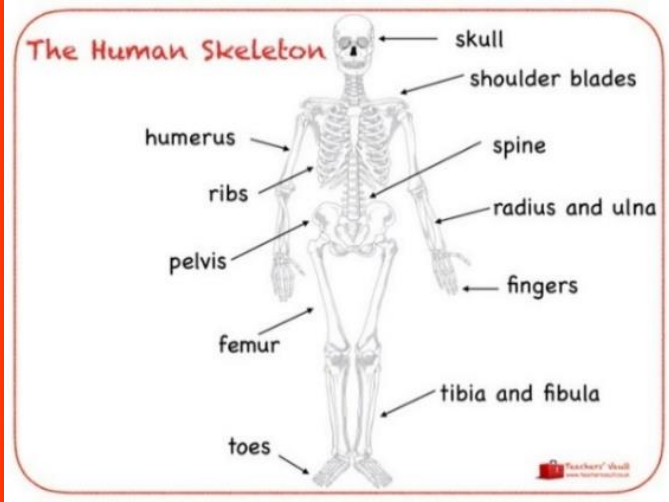


Our bones that support our bodies.

support



Holding something up or keeping strong.



[What does your skeleton do?](#)

Key Knowledge

1. Humans need food to survive. Fruit and vegetables are healthy foods.
2. We get different **nutrition** from different foods. We need **nutrition** to be healthy.
3. We need our **muscles** to move. We move when our **muscles** pull tight and then relax.
4. Our **skeleton** helps us **support** our bodies. We have 206 bones that help us stand up.

