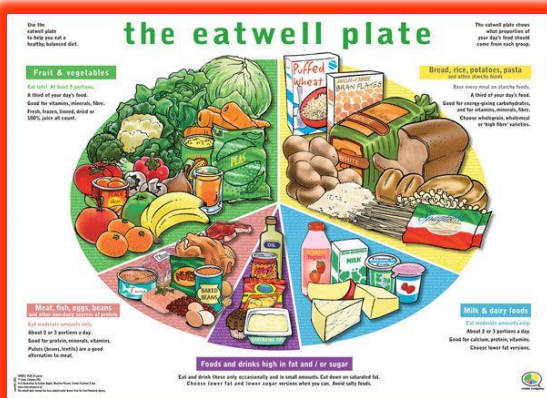


Year 3 Knowledge Organiser- How do we keep our bodies healthy?

What will I learn?

In this topic we will learn:

- What you need to survive
- What the right type of nutrition is
- Did the people of Scara brae have a nutritious diet?
- Which muscles are being worked when you exercise
- How our skeletons support, protect and help us move



Previous learning	You should already know:
Are you a superhero?	Some food is better for us than others. We should eat the right amounts of different types of food, Know what humans need to survive,

Vocabulary Dozen

carbohydrates	A type of food that gives us a slow release of energy over time
dairy	Foods made from milk; these contain calcium to make our teeth and bones strong
fats	A type of food that gives you energy
fibre	Nutrition found in fruit and vegetables which help us digest our food
fruit and vegetables	Plants or part of plants that are used as food; these contain vitamins and fibre
muscles	Soft tissue connected to our bones which helps our bodies to move
nutrition	The good parts of food we need to grow and keep healthy
protect	Keeping safe from harm or injury
protein	A nutrient found in food that helps us to grow and repairs our muscles
skeleton	The frame of a body, made up of bones which supports our body, protects our organs and helps us to move
support	Holding up or keeping strong
vitamins	Nutrition found in fruit and vegetables which help to keep us healthy

Key Knowledge

What do we need to survive?

Humans and animals need 5 very important things to survive, without these things we cannot survive. These are oxygen to breathe, food to eat, water to drink, sleep to help our bodies rest and shelter to live in.

What the right type of nutrition is?

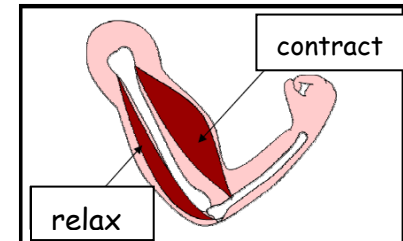
Nutrition is in all the different foods we eat. We all need nutrition to help us survive without it we would be unhealthy. We get different nutrition from different food groups. These food groups are: protein, carbohydrates, dairy, fats and fruits and vegetables.

How to have a healthy and balanced diet?

To have a healthy and balanced diet you need a mixture of different foods. A meal should have a balance of the main 5 food groups to be considered a healthy meal.

Which muscles are being worked when you exercise?

Our muscles help protect our bones and organs in our body. They are also crucial in helping our bodies to move. When we move they contract (pull tighter) and then relax and this allows us to move.



How our skeletons support, protect and help us move?

The human skeleton makes humans stand up straight and move. The skeleton contains 206 bones. One job of the skeleton is to protect the organs in the body. The skull protects the brain, the ribs protect the lungs and the heart, the pelvis protects the digestive system. The spine runs all the way down your back and helps messages get from your brain all around the body.

Useful Weblinks

