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| **The three diets of animals** |
| Herbivore | Carnivore | Omnivore |
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  Knowledge Organiser

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| **What is a balanced diet?**  |
| **The human body needs a balanced diet to work properly. Good health involves drinking enough water and eating the right amount of foods from the different food groups.** |
| **Carbohydrates** | They give us energy. They are found in foods such as bread, potatoes and pasta. |
| Proteins | These help our bodies to repair themselves. They are found in foods such as fish, meat, nuts, seeds, eggs and cheese. |
| Fats | These help store energy for our bodies. They are found in foods such as butter, cheese and fried foods. |
| Fibre | It is important for helping us digest our foods. It’s found in fruit and vegetables. |

 Year 3 - Autumn Term B

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| **Vocabulary**  |
| **Skeleton** | The internal or external framework of bone, cartilage, or other rigid material supporting or containing the body of an animal or plant. |
| **Femur** | The thigh bone. |
| **Humerus** | The arm bone between your shoulder and your elbow. |
| **Exoskeleton** | The external skeleton that supports and protects an animal's body. |
| **Contract** | The activation of tension-generating sites within muscle fibers |
| **Relax** | The time in which a muscle returns to a resting position. |
| **Muscle** | A group of **muscle** tissues which contract together to produce a force |
| **Joint** | The connection made between bones in the body which link the skeletal system into a functional whole. They are constructed to allow for different degrees and types of movement. |

 **Science – Animal bodies, including humans**