# Science: Year 3 – Animals, including Humans

**Enquiry Question: How do diet, skeletons and muscles help animals—including humans—survive and stay healthy?**

## Skills

- I can group foods into different food groups.
- I can classify animals by what they eat.
- I can identify and compare different skeletons.
- I can measure accurately and record my results.
- I can look for patterns in my results and make conclusions.

## Key Facts

Humans need a balanced diet to stay healthy and grow.

Animals can be carnivores, herbivores or omnivores, depending on what they eat.

Our skeleton supports and protects our body.

The skull protects the brain and the ribs protect the heart and lungs.

Animal skeletons can be different depending on how animals live and move.

## Key Ideas

| Balanced Diet | Animal Diets | Protection | Movement |
|---|---|---|---|
|  |  |  |  |
| Eat a variety of foods. | Herbivore Carnivore Omnivore | Skull → brain<br>Ribs → heart & lungs | Muscles and bones help us move. |

## Key Vocabulary

| | | | |
|---|---|---|---|
| **Nutrition**  | Getting the food needed to stay healthy and grow. | **Muscle**  | Special tissues in the body that allow movement. |
| **Diet**  | The food and drink a person or animal usually eats and drinks. | **Protection**  | To keep something safe. Example: the ribs give protection to the lungs and heart. |
| **Skeleton**  | The bones that support and protect the body. | **Support**  | To keep it standing. |
| | | **Movement**  | When something moves. Example: the muscles give the skeleton movement. |