

Year 3 SCIENCE

AUTUMN 1—Animals including humans

Vocabulary 10

Chemicals found in foods like meat and fish that keep our muscles, skin and hair healthy.		Food groups
Muscles that work on their own, like the heart and lungs.		Balanced diet
Eating the correct amount of different foods to stay healthy.		Vitamins
Muscles that work through a persons free will, like legs and arms.		Protein
Flexible parts of your body that connect your muscles to your bones.		Carbohydrate
Different types of foods that perform different jobs for our bodies.		Skeleton
The framework of bones or hard shells that supports bodies and keeps them stiff and rigid.		Voluntary muscles
Chemicals found in fruit and vegetables that help to keep us fit and healthy.		Involuntary muscles
Strong parts of your body that connect your bones together.		Tendons
Food group that gives our body energy.		Ligaments

