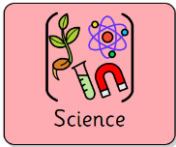


# Year 3 Term 3: How my body works

In this unit, in Science, the children will learn how humans and some other animals have skeletons and muscles that support, protect and help it to move. They will also investigate nutrition and how animals, including humans, need the right type and amount of nutrition from food. In Design Technology, the children will learn about food technology.



Bones in the Human Body	Muscles
	<p>Muscles help us to move. When a muscle <b>contracts</b>, the muscle shortens and pulls on the bone it is attached to. When the muscle <b>relaxes</b>, the muscle goes back to its normal size and the bone moves back again. Muscles usually work in pairs: as one muscle in the pair contracts, the other one relaxes.</p>

**fruit and vegetables**  
Important as sources of vitamins and minerals which reduce your risk of disease and keep you healthy.

**carbohydrates**  
These are important for giving us energy.

**protein**  
These are very important for helping us grow and build muscles.

**milk and dairy**  
These are important for strong bones and teeth.

**oils and spreads**  
Choose unsaturated oils and use in small amounts.

**food / drink high in fat and / or sugar**  
Eat less often and in small amounts.

Vertebrates	Invertebrates
<p>Animals with a backbone</p>	<p>Animals with no backbone</p>



## Skills

cutting	grating	snipping
taste testing	spreading	

<b>balanced</b>	A healthy mixture of different kinds of food.
<b>diet</b>	The types of food someone eats.
<b>evaluate</b>	To study something carefully and decide if it is good or bad.