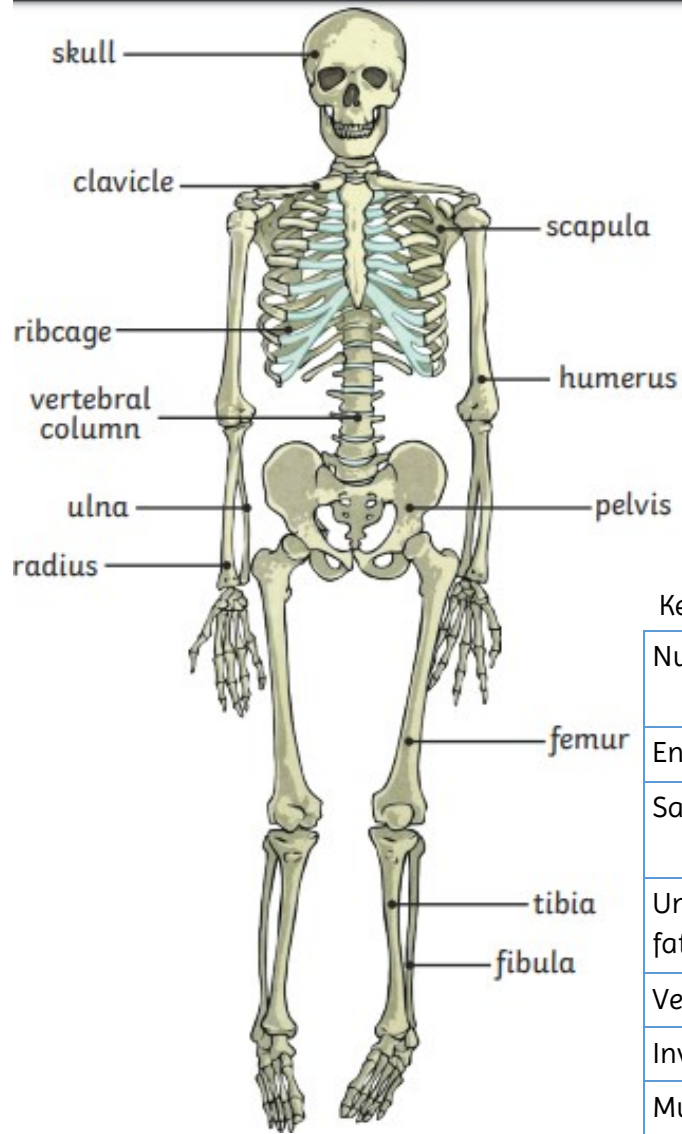


Year Three Science Knowledge Organiser- What nutrients does my body need to survive?

Learn the names of the different parts of the skeleton



Learn the different types of nutrients and what they do.

Protein helps growth and repair.

Carbohydrates provide energy.

Water moves nutrients around your body and helps to get rid of waste.

Fats provide energy.

Vitamins and minerals keep you healthy.

Fibre helps you to digest the food that you have eaten.

Key vocabulary

Nutrients	Substances that animals need to stay alive and healthy.
Energy	Strength to be able to grow and move.
Saturated fats	Types of fats that are less healthy. They should only be eaten in small amounts.
Unsaturated fats	Fats that give you energy, vitamins and minerals
Vertebrate	Animals with backbones
Invertebrates	Animals without backbones.
Muscles	Soft tissue in the body that contract and relax to cause movement.
Tendons	Cords that join muscles to bones.
Joints	Areas where two or more bones fit together.

A balanced plate of food

