



## Endpoints for Science

### Year 3 – Animal Nutrition and the Skeletal System



This topic is all about the importance of nutrition for humans and animals along with the role of the skeleton and muscles.

#### What I know and can explain

Plants need air, light, water, nutrients and room to grow, in order to survive

Plants are living things because they grow, take in water and nutrients and reproduce

Plants have roots, stems, leaves, flowers and fruit

Nutrition is the life process of making or finding food to eat.

Humans are omnivores, so they can eat both plant parts and animals

It is important to have a balanced diet made up of the main food groups, including: proteins, carbohydrates, fruit and vegetables, dairy products and alternatives, and fats and spreads

Humans stay hydrated by drinking water

Humans have a skeleton and muscles for movement, support and protecting organs

Muscles allow us to move, breathe and digest food

Vertebrates are animals with a spine

Invertebrates are animals without a spine

#### Useful Vocabulary

**Carnivore** - An animal that only eats meat from animals

**Diet** - The types of food that a person or animal usually eats

**Femur** - The largest bone in the leg, also known as the thigh bone

**Herbivore** - An animal that only eats plant parts

**Invertebrate** - An animal without a spine, such as a worm, butterfly or octopus

**Malnutrition** - Poor nutrition caused by eating too much food, too little food, or not enough of the right food, which creates health problems

**Omnivore** - An animal that eats both animal meat and plant parts