

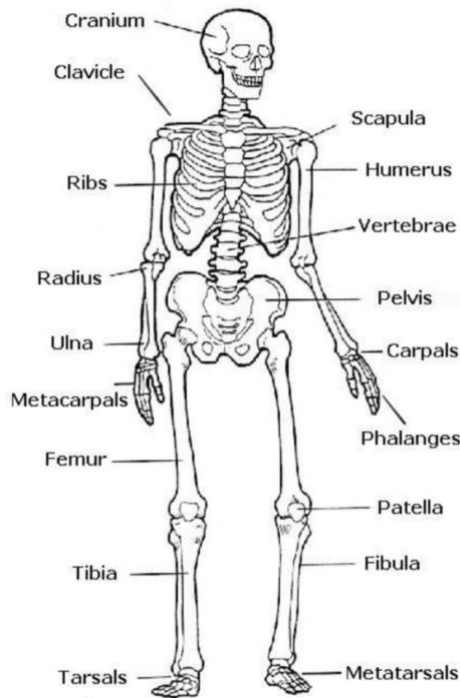


Year 3

Spring 1

The Human Body

How do bodies work so effectively?



The human skeleton

invertebrate - animals which do not have a backbone or spine, including jelly fish, earthworms and tarantulas. 97% of animals are invertebrates.

organ - a group of tissues that has a specific and vital function e.g. brain, lungs, liver, stomach, heart.

muscle - a band or bundle of fibres that can contract and relax to allow the body to move. Muscles work in pairs to move a joint. One muscle **contracts** whilst the other **relaxes**. There are over 650 muscles in the human body.

blood - liquid which carries oxygen to, and carbon dioxide from, tissues in the body. Water and nutrients are also transported via blood.

heart - a muscular organ that pumps blood around the body to and from tissues.

lungs - pair of organs within the ribcage where oxygen is added to the blood and carbon dioxide is removed.

nutrition - the process of providing or obtaining the food necessary for health and growth.

fibre - fruit and vegetables

carbohydrates - bread, other cereals, and potatoes

dairy - milk and dairy products
protein - meat, fish and alternatives

fats - foods containing fat and foods containing sugar

exercise - activity requiring physical effort, carried out to sustain or improve health and fitness.

Key Vocabulary

skeleton - a framework of bone, supporting the body.

bone - hard whitish tissue which make up the human skeleton. Bones provide support for the body and protect vital organs. There are 206 bones in the human body.

joint - where two or more bones join together. Skeletons bend at joints such as knees and ankles.

vertebrate - animals which have a backbone or spine, including mammals, birds, reptiles, amphibians and fish