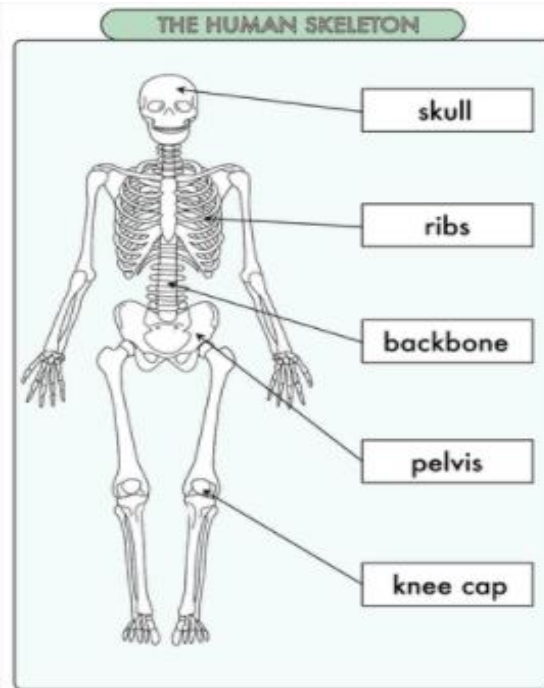
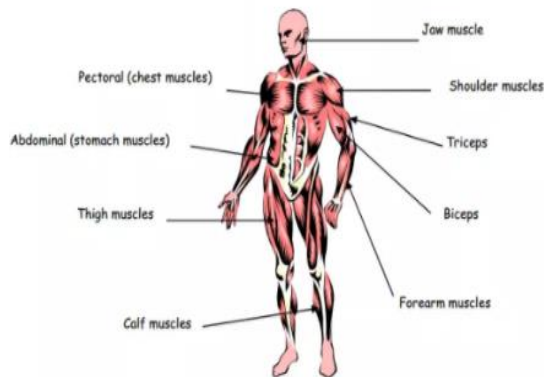


# Year 3 Autumn Term topic 1 – Keeping Healthy



Some of the body's main muscle groups

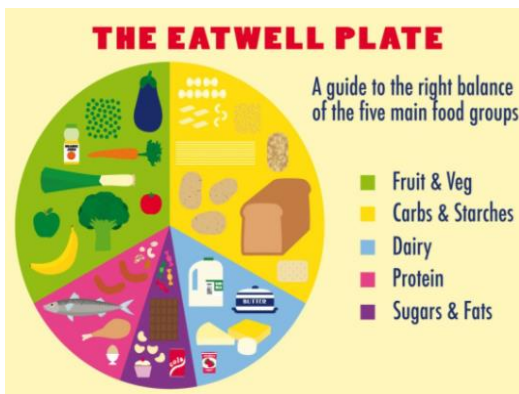


## Key Vocabulary

Carbohydrate	Are found in foods which give us energy
Protein	Builds muscle and repairs damages
Dairy	Contain calcium which give you strong bones and teeth
Sugar	Can give a short burst of energy, but too much can be bad for us
Carnivore	An animal that eats only meat
Herbivore	An animal that eats only plants
Omnivore	An animal that eats both meat and plants
Vertebrate	An animal that has a backbone or spinal column
Invertebrate	An animal that has no backbone or spinal column

## Interesting facts

- The human body has 206 bones in it!
- Fruits and vegetables can help our bodies fight off colds and illness.
- The longest bone in our body is the tibia.
- Some people can be allergic to dairy foods and their bodies cannot digest them.
- Your body breathes by using a powerful muscle called the diaphragm.



## Key websites

[http://www.bbc.co.uk/bitesize/ks2/science/living\\_things/keeping\\_healthy/read/1/](http://www.bbc.co.uk/bitesize/ks2/science/living_things/keeping_healthy/read/1/)

<https://www.nhs.uk/change4life-beta/food-facts#W9VQOFFureKoFbL2.97>

[http://www.learninggamesforkids.com/health\\_games.html](http://www.learninggamesforkids.com/health_games.html)