

# Knowledge Organiser Science Year 3 Autumn

## Movement and nutrition



St Elizabeth's Catholic Primary School  
"Love one another as I have loved you"

### Prior knowledge



#### Year 1

- To identify and name a variety of common animals that are carnivores, herbivores and omnivores.

#### Year 2

- The identify the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
- To describe how animals obtain their food from plants and other animals, using the idea of a simple food chain, and identify and name different sources of food.

### Scientific skills developed in this topic



- Classifying:** To group animals based on their physical properties.
- Measuring:** To use standard units to measure and compare.  
To use measuring equipment with increasing accuracy.  
To read scales with marked intervals between numbers.
- Recording:** To use a prepared table to record results. To gather and compare data to answer questions.
- Analysing:** To draw conclusions by summarising findings using simple scientific vocabulary. To use secondary sources.
- Evaluating:** To identify new questions that would further the enquiry.

### Knowledge and skills covered in this topic



- Children will explain the role of a skeleton.
- Children will identify the main bones in the body.
- Children will explain how muscles are used for movement.
- Children will explain how food is an essential energy source for animals.
- Children will identify the main nutrient groups and their simple functions.
- Children will explain what makes a balanced diet.



### Key words



- Balanced diet:** A diet that includes all seven nutrient groups in the right amounts.
- Bone:** Hard structure that makes up the skeleton.
- Carbohydrate:** A nutrient needed for energy. It is found in sugary foods (e.g. sweets) or starchy foods (e.g. potatoes and pasta).
- Endoskeleton:** A skeleton on the inside of the body.
- Exoskeleton:** A skeleton on the outside of the body.
- Fat:** A nutrient needed as a store of energy and to keep warm, e.g. oil.
- Fibre:** A nutrient needed for digestive health.
- Invertebrate:** An animal without a backbone.
- Joint:** Where two or more bones meet; there are different types of joint that can move in different ways to make the body move.
- Mineral:** A nutrient needed for body function and health e.g. Calcium.
- Movement:** Change of place or position.
- Muscle:** A body part that can contract and relax to create movement.
- Nutrient:** An essential substance for survival, health and growth.
- Protection:** Keeping something safe.
- Protein:** A nutrient needed for growth and repair. It is found in nuts, fish meat and milk.
- Skeleton:** A frame of bone, cartilage or other hard material which supports and protects the body, allowing movement.
- Support:** To hold something up.
- Vertebrate:** An animal with a spine (backbone), e.g. mammals and fish.
- Vitamin:** A nutrient needed for body function and health e.g. vitamin D.
- Water:** A liquid essential for life.

### Science in action



- To explore scientific advances.
- To explore how knowledge has progressed over time and different jobs use this information.

### British Values



- Mutual respect.

