



St Paul's C of E Primary School – Knowledge Organiser

Name of Topic

Keeping healthy

Year Group

3

Key Vocabulary and Spellings

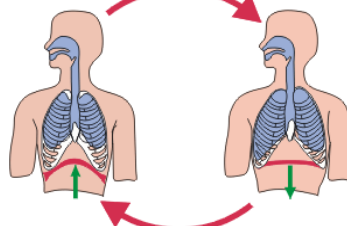
1	herbivore	Herbivores are animals that only eat plants to survive.
2	carnivore	Carnivores are animals that only eat meat to survive.
3	omnivore	Omnivores eat both plants and meat to survive.
4	nutrition	Nutrition is the study of food and how it works in your body.
5	diet	The food and drink consumed by an individual or group.
6	food chain	A food chain is a sequence that shows how energy is transferred between different living things.
7	vertebrate	A vertebrate is an animal which has a backbone.
8	invertebrate	An invertebrate is an animals which does not have a backbone
9	skeleton	The skeleton is a frame of bones that gives the body support. It also gives protection.
10	diaphragm	The diaphragm is a sheet of muscular tissue sitting across the body below the chest and separating the lungs and heart from the abdomen. It helps us to breathe.

Top 5 Topic Facts

1	A balanced diet contains nutrients, protein, carbohydrates, fats, vitamins and minerals in the right amount.
2	The UK Government recommends that adults should have no more than 7 teaspoons of sugar a day and children aged 7-10 no more than 6 a day.
3	Your body breathes by using a powerful muscle called the diaphragm. When you breathe in, the diaphragm contracts which pulls it downwards, creating more space in the chest.
4	Animals that have a backbone are called Vertebrates and animals that do not are called invertebrates.
5	Muscles are made of strong stretchy tissue that can contract and relax. When our muscles are working hard, they need more oxygen than usual.



Breathing out



Breathing in



Key Investigations/Questions

1	What is a balanced diet? Why is it important to have a balanced diet?
2	What are the 5 main food groups?
3	How many bones does an adult skeleton have? How many muscles do have in your body?