

# Animals including humans

Key Knowledge  
Fact Sheet –  
Year 3

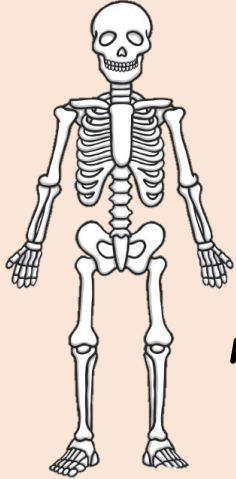
The **skeleton** is made up of bones.

It has 3 main jobs:

**support**

**protection**

**movement**

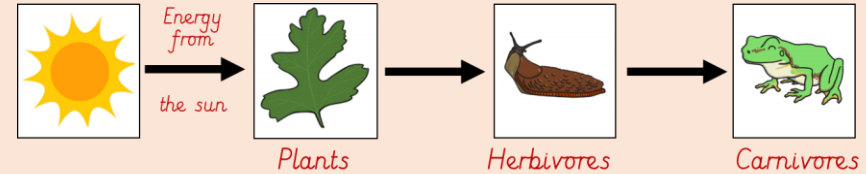


Some animals have skeletons too.



Animals cannot make their own food.

They must get their **nutrition** from what they eat.

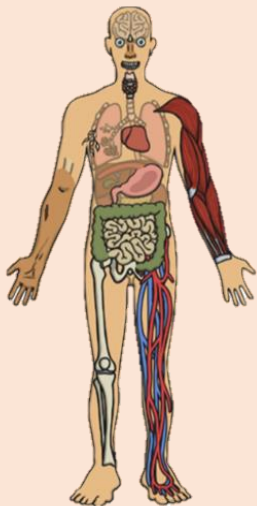


A **herbivore** only eats plants.

A **carnivore** only eats meat.

Humans are **omnivores** - they can eat both plants and animals.

**Muscles** help the body to move.



Lowering the lower arm

Raising the lower arm

Biceps (relaxing)

Biceps (contracting)

Triceps (contracting)

Triceps (relaxing)

**Muscles** work in pairs to lift and relax the bones.

Animals need the right **types** and **amount** of **nutrition**.

Humans need a balanced diet of all the food groups.



Other animals need a different diet.

