

Research, read or ask those around you to answer the questions below:

Animals Including Humans

1. Fill in the missing letters to work out the scientific words that are being described in each sentence.

Substances that animals and humans need to stay alive and healthy.

n _ tr _ e _ ts

Fats that give you energy, vitamins and minerals.

u _ sa _ ur _ t _ d

Strength to be able to move and grow.

_ n _ rg _

In a good physical and mental condition.

h _ alt _ y

Fats that should only be eaten in small amounts.

s _ tu _ a _ ed

2. Match each nutrient with the description of what they do.

Water	keeps the body healthy
Carbohydrates and fats	moves nutrients around the body and helps to get rid of waste
Protein	provides the body with energy
Vitamins and minerals	helps the body to grow and repair
Fibre	helps the body digest food

3. Write true or false next to each statement.

All fats are bad for you.	
Plants can make their own food, but animals cannot.	
To be healthy, humans need to exercise and eat a balanced diet.	
Animals, including humans, just need food and air to stay alive.	

4. Name two important jobs that skeletons do.

Research, read or ask those around you to answer the questions below:

5. Use the words below to complete the sentences:

_____ are soft tissues in the body that contract and relax to cause movement.

Animals without backbones are called _____.

_____ are cords that join muscles to bones.

Areas where two or more bones are fitted together are called _____.

Joints	Muscles	Tendons
Vertebrates	Invertebrates	

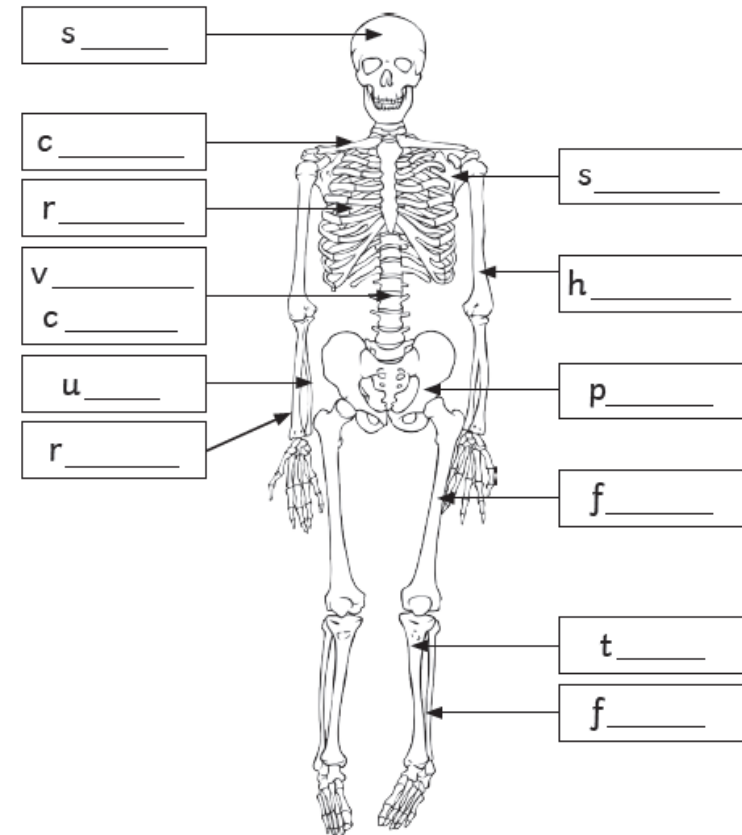
6. Give one example of a vertebrate and one example of an invertebrate.

Vertebrate = _____

Invertebrate = _____

7. Explain how muscles work using the words **pairs**, **contract** and **relax**.

8. Label the bones of the skeleton using the word bank to help you.



skull	fibula	femur	humerus
clavicle	scapula	radius	pelvis
ribcage	tibia	ulna	vertebral column

Research, read or ask those around you to answer the questions below:

Y3 – Science