

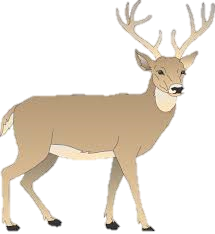
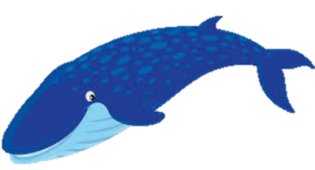
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**ANIMALS including Humans**

KNOWLEDGE ORGANISER

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| **What you should already know…** | |  | Nourishment | | | | |
| Image result for animal kingdom  -Animals can be split into different groups (e.g. birds/fish & carnivores/omnivores)  -All animals have basic needs that have to be met in order for them to survive: water, food, shelter, oxygen, temperature  -Animals have different stages in their lives – birth, growth, reproduction and death.  -Humans (and most other animals) need to stay healthy, by exercising, eating a balanced diet, and being hygienic. | |  |  |  | -Unlike plants, animals cannot create their own food. They get nutrition from what they eat.  -This is because animals do not have chlorophyll, or chloroplasts in their cells, like plants do.  -Therefore, plants are called producers and animals are called consumers.  -The different nutrients that animals get depends on their diet. For example, a cheetah gets lots of protein in its diet because it is a carnivore (eats meat). | |  |
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| **Types of Nutrition** | |  | **Skeletons and Muscles** | | | | |
| Carbohydrates  -Carbohydrates give the consumer energy.  -Foods that have lots of carbohydrates in are often called ‘starchy’ foods.  -Carbohydrate-rich foods include pasta, rice, oats, breads, breakfast cereals and barley. | |  | Skeleton  -Humans (and many other animals) have a system of bones called a skeleton.  -Skeletons help to support your body – they give it its shape.  -Skeletons are also important for movement. Muscles are attached to bones.  -Finally, skeletons help to protect important parts of the body. E.g. the ribs protect the heart and lungs. | | | Muscular System  -Humans (and many other animals) also have a system of muscles in their bodies.  -The main purpose of muscles is for movement. As they contract, muscles move parts of the body around.  -Muscles are also important for maintaining posture, helping humans/ animals to sit, stand, and walk.  -Some muscles (e.g. the heart) move by themselves – they are involuntary. | |
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| Protein  -Protein helps the body (especially the muscles) to repair itself.  -Protein-rich foods include meat, eggs & nuts. | Fat  -Fats also give consumers lots of energy. However, too much fat is not healthy!  -Butter, cakes & fast food contain lots of fat. |  |
| **Fibre**  -Fibre helps our digestive systems to work well.  -Fibre is often found in high-carboydrate foods like bread, cereal, potatoes, and some fruits. | Vitamins and Minerals  -There are many different vitamins and minerals that perform hundreds of roles in the body.  Fruit and vegetables are vitamin/mineral-rich. |  |
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Amounts of Nutrition



Mouse 0.004kg per day

Blue Whale 3,500kg per day

Tiger 15kg per day

Deer 4kg per day