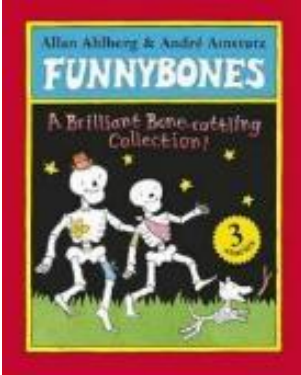
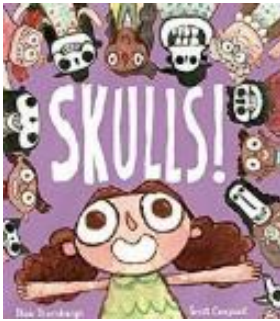


# Year 3: Healthy Bodies Knowledge Mat

Subject Specific Vocabulary		Interesting Books	Sticky Knowledge about our skeleton and bones
<b>nutrition</b>	Nutrition involves drinking enough water and eating the right amount of items from the four main food groups.	 	<input type="checkbox"/> The spine is made up of 33 bones and the smallest bone is found in our ear.
<b>skeleton</b>	The human skeleton is made of bone and grows as we grow. Our skull protects our brain and our ribs protect our heart and lungs.		<input type="checkbox"/> Muscles make up 40% of our total body weight and the smallest muscle is found in our ears.
<b>muscles</b>	Muscles are attached to bones by tendons and help them to move. When a muscle contracts it gets shorter and pulls on the bone it is attached to.		<input type="checkbox"/> When we are born we have about 300 bones in our body by the time we are adults we have 206 because some bones have fused together.
<b>diet</b>	Our bodies need a balanced diet to work properly. This involves drinking enough water and eating healthily.	<b>Important facts to know by the end of the skeleton and muscle topic:</b> <ul style="list-style-type: none"> <li>• That humans cannot make their own food. They get their nutrition from what they eat.</li> <li>• That humans have skeletons and muscles for support, protection and movement.</li> <li>• Know that the body parts have special functions.</li> <li>• Know the names of the body parts associated with skeleton and muscles.</li> <li>• Compare the diets of different groups of animals, including humans.</li> <li>• Know what a healthy meal looks like.</li> </ul>	<input type="checkbox"/> When broken our bones will repair themselves. Doctors use casts or splits to make sure they grow back straight.
<b>joint</b>	Joints allow the body to make movements. The body has many bones and are connected through the joints.		<input type="checkbox"/> The longest bone in the human body is the thigh bone called the femur.
<b>pelvis</b>	The pelvis is a bony cradle-shaped structure located at the base of the spine.		<input type="checkbox"/> Bone marrow makes up 4% of a human body mass. It produces red blood cells which carry oxygen all over the body.
<b>cartilage</b>	Cartilage is a connective tissue found in many areas of the body including: Joints between bones e.g. the elbows, knees and ankle		
<b>rib cage</b>	It is made up of curved bones. The rib cage is found in the chest area. It protects a persons internal organs from damage.		
<b>tendon</b>	Muscles are attached to the bone by tendons and work in pairs to allow for smooth movement.		
<b>spine</b>	Also known as your backbone, your spine is a strong, flexible column of ring-like bones that runs from your skull to your pelvis.		