

# Year 3 and 4 Knowledge Organiser: Animals, including humans

vitamin	found in foods and are essential for the body's growth, repair and building immunity
mineral	found in foods and help build strong bones and teeth
nutrition label	gives information about what the food contains
balanced	in good proportion
endoskeleton	animals with skeletons inside their body
exoskeleton	animals with skeletons outside their body
radius	one of the bones found in the lower arm
tibia	one of the bones in the lower leg
rib cage	the structure of bones protecting the lungs and heart
spine	the structure of bones that runs up the centre of the back
hamstrings	muscles that run down the back of the leg
biceps	muscles found in the upper arm

### 5 Food Groups

The infographic displays five food groups with representative images:
 

- PROTEIN FOOD:** Chicken, fish, eggs, and a bottle of milk.
- CARBOHYDRATE:** Bread, corn, rice, and potatoes.
- MINERAL:** Various vegetables and fruits.
- FATTY ACID:** Cheese, oil, and nuts.
- VITAMIN:** Fruit, vegetables, and a person eating.

### Animal Skeletons

Four animal skeletons are shown: a dog, a lizard, a horse, and a frog, illustrating different types of endoskeletons.

### Human Skeleton

Labels for the human skeleton include:
 

- cranium
- mandible
- scapula
- vertebrae
- coccyx
- patella
- tibia
- rib cage
- radius
- pelvis
- femur
- fibula

### Human Muscles

Labels for the human muscles include:
 

- Neck
- Traps
- Shoulders
- Chest
- Biceps
- Side abs
- Abs
- Quadriceps
- Forearms
- Calves
- Triceps
- Upper Back
- Lower Back
- Glutes
- Hamstrings

**Careers connected to the human body:**  
 doctor, nurse, massage therapist, personal trainer, theatre technician