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## YEAR 3 SCIENCE

### UNIT 5 – EXPLORING HEALTH, SKELETONS & MUSCLES

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1. Place the words from the cloud into the right place to complete the sentences. Complete the table:

(nutrients, healthy, energy)

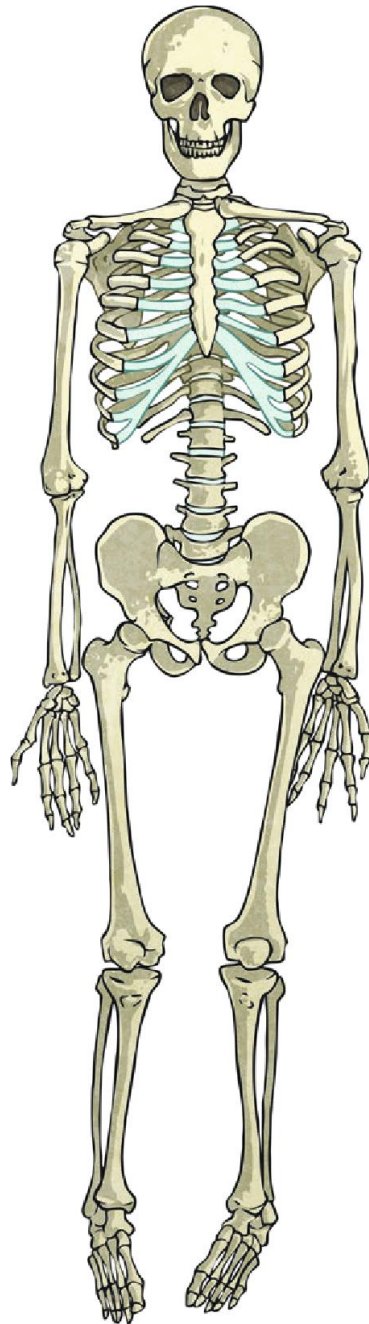
Nutrient	What They Do
carbohydrates	provide _____.
vitamins	keep you _____.
water	moves _____ around your body.

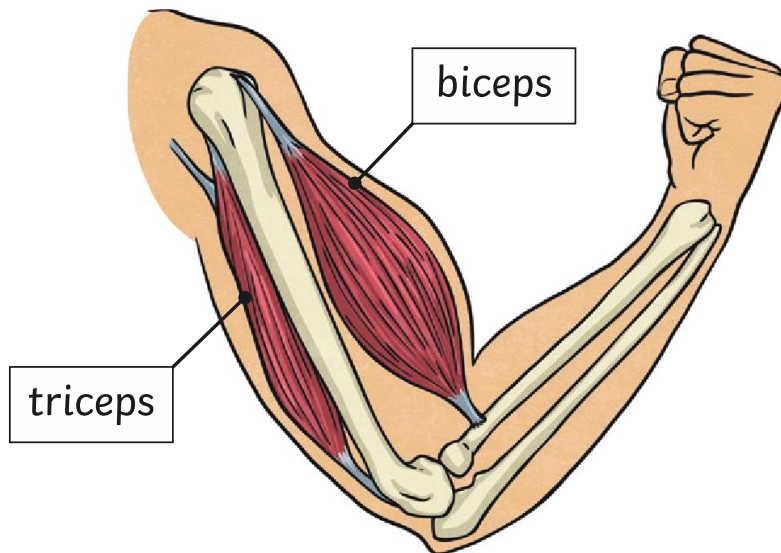
(Muscles, saturated fats, tendons, joints, unsaturated fats.)

2. Your **muscles** work in pairs to move your bones.
3. \_\_\_\_\_ join muscles to bones.
4. \_\_\_\_\_ are a less healthy type of fat, which should only be eaten in small amounts.
5. \_\_\_\_\_ are fats that provide you with minerals, energy and vitamins.
6. \_\_\_\_\_ are where two or more bones fit together.

**7. Label the following bones in human body?**

vertebral column	ribcage	femur
pelvis	clavicle	skull





8. Fill in the missing words to explain how these skeletal muscles work together.

The biceps pulls the lower arm in towards the shoulder by contracting (getting \_\_\_\_\_). As the biceps contracts, the triceps \_\_\_\_\_).

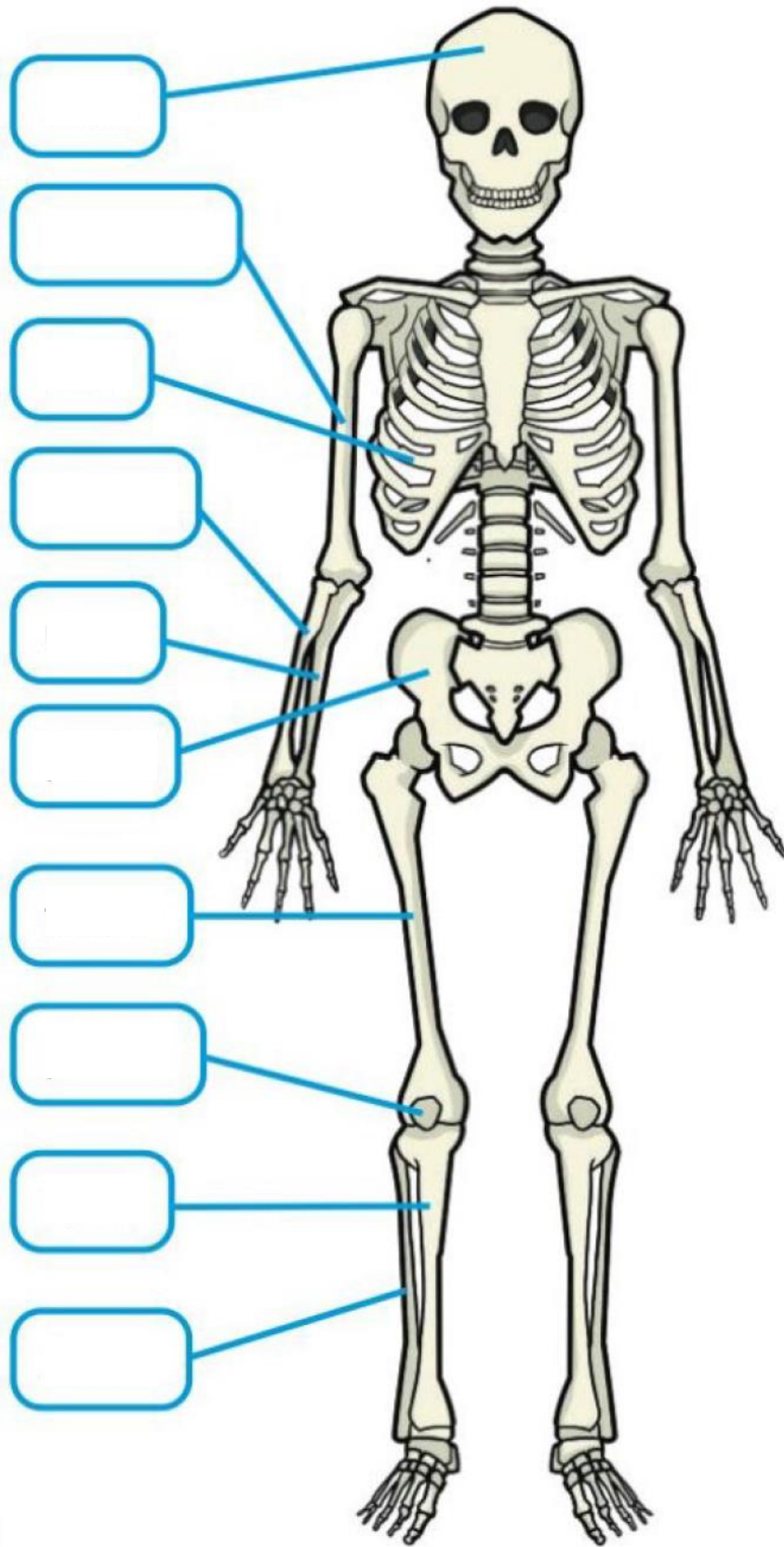
As the arm goes back down, the opposite happens.

The triceps \_\_\_\_\_, pulling the arm to straighten it out, and the biceps \_\_\_\_\_.

9. Match the nutrient to job it does?

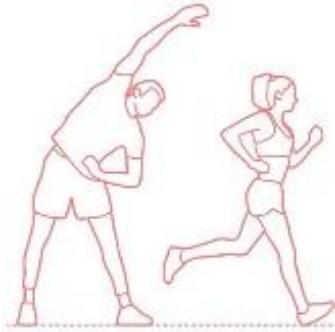
Nutrient	Job
vitamins 	gives us energy
water 	helps us digest food
protein 	repairs our bodies
minerals 	moves nutrients around and clears waste
fibre 	keeps us healthy
carbohydrates 	
fats 	

10. Label the parts of a skeleton



## 11. Multiple Choice Questions

1. **Humans are \_\_\_\_\_.**
  - A. Omnivores
  - B. Carnivores
  - C. Herbivores
  - D. Predators
2. **The picture shows which life process?**



- A. Respiration
  - B. Digestion
  - C. Circulation
  - D. Movement
3. **All of the bones in the body together are called \_\_\_\_\_.**
    - A. Skeleton
    - B. Skull
    - C. Spine
    - D. Ribcage
  4. **Microorganisms that cause infectious diseases are called \_\_\_\_\_.**
    - A. Bacteria
    - B. Pathogens
    - C. Fungi
    - D. Viruses
  5. **A \_\_\_\_\_ has two ends.**
    - A. Pencil
    - B. Magnet
    - C. Ruler
    - D. Thread

## ANSWERS

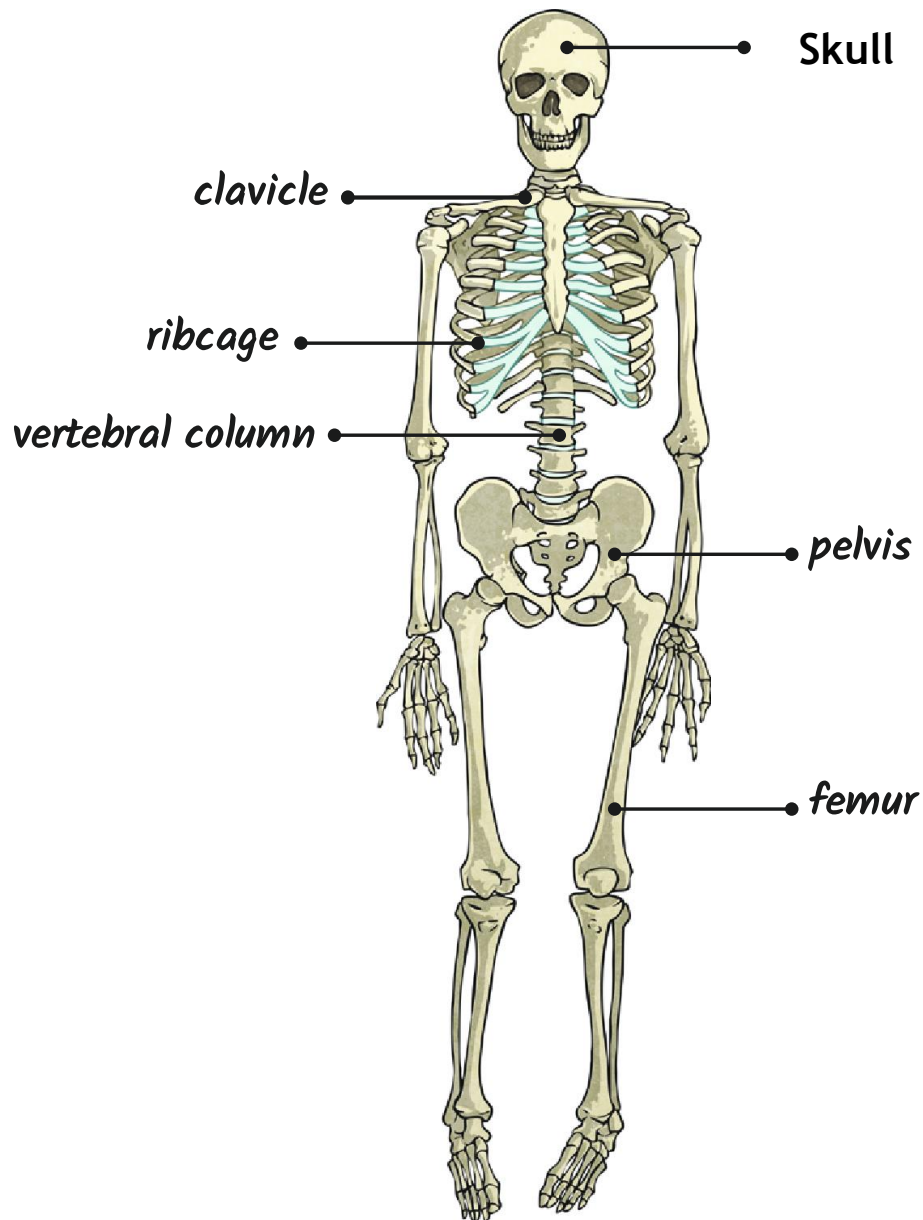
1. Place the words from the clouds into the right place to complete the sentence.

Nutrient	What They Do
carbohydrates	provide <b>energy</b> .
vitamins	keep you <b>healthy</b> .
water	moves <b>nutrients</b> around your body.

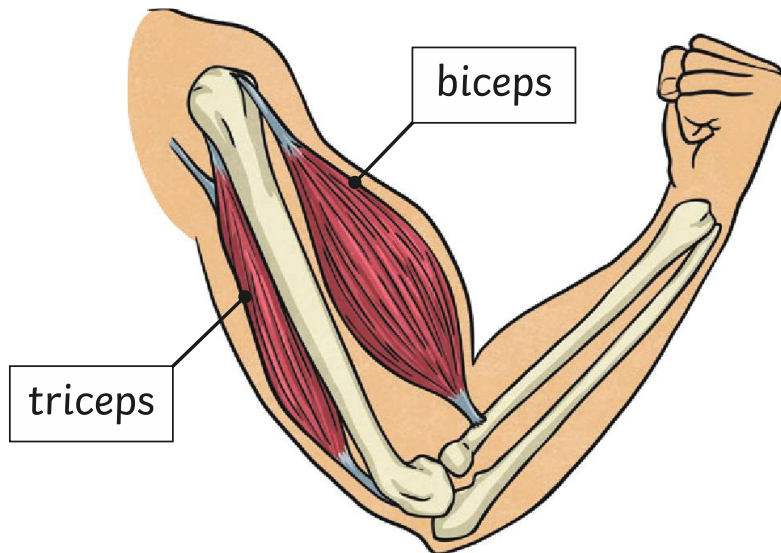
2. Your **muscles** work in pairs to move your bones.
3. **Tendons** join muscles to bones.
4. **Saturated fats** are a less healthy type of fat, which should only be eaten in small amounts.
5. **Unsaturated fats** are fats that provide you with minerals, energy and vitamins.
6. **Joints** are where two or more bones fit together.

7. Label the following bones in human body?

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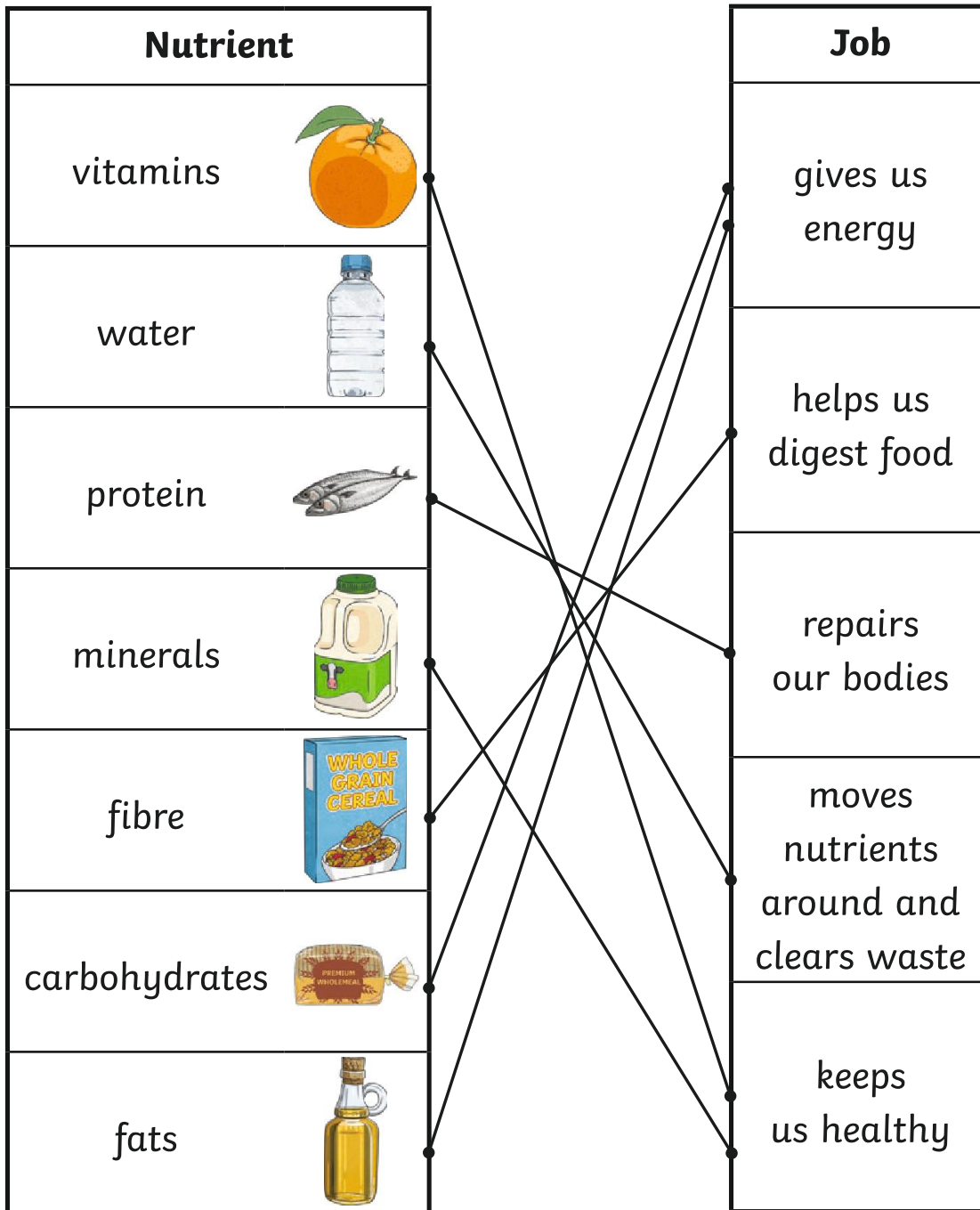
**8. Fill in the missing words to explain how these skeletal muscles work together.**

*The biceps pulls the lower arm in towards the shoulder by contracting (getting **shorter**). As the biceps contracts, the triceps **relaxes** (gets longer).*

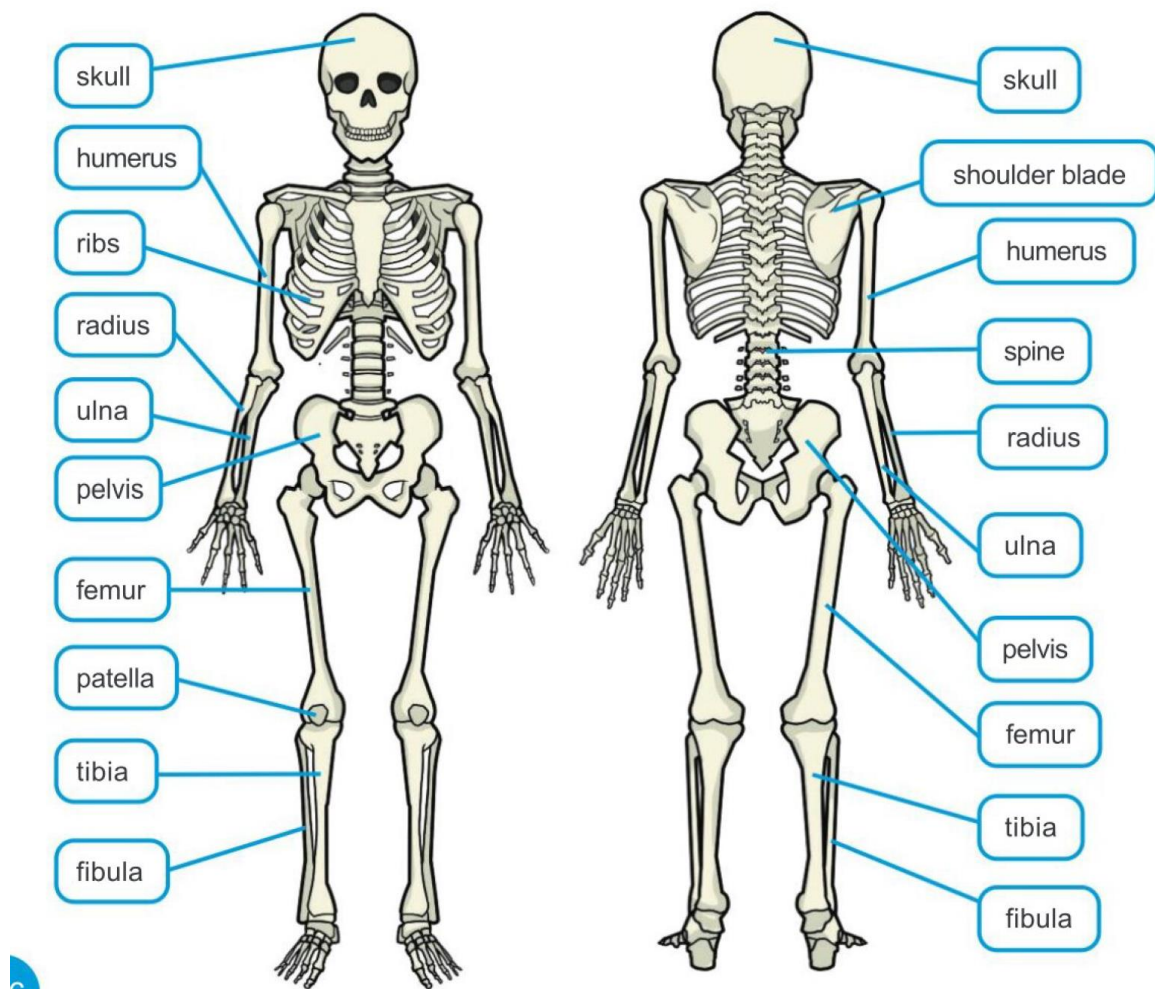
*As the arm goes back down, the opposite happens.*

*The triceps contracts (**or gets shorter**), pulling the arm to straighten it out, and the biceps **relaxes** (gets longer).*

9. Join the nutrient to the job it does.



## 10. Classifying parts of a skeleton



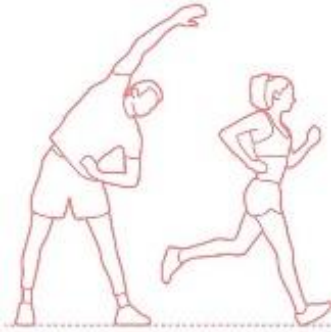
## 11. Multiple Choice Questions

1. Humans are \_\_\_\_\_.

- A. Omnivores
- B. Carnivores
- C. Herbivores
- D. Predators

**(Correct Answer: A. Omnivores)**

2. The picture shows which life process?



- A. Respiration
- B. Digestion
- C. Circulation
- D. Movement

**(Correct Answer: D. Movement)**

**3. All of the bones in the body together are called \_\_\_\_\_.**

- A. Skeleton
- B. Skull
- C. Spine
- D. Ribcage

**(Correct Answer: A. Skeleton)**

**4. Microorganisms that cause infectious diseases are called \_\_\_\_\_.**

- A. Bacteria
- B. Pathogens
- C. Fungi
- D. Viruses

**(Correct Answer: B. Pathogens)**

**5. A \_\_\_\_\_ has two ends.**

- A. Pencil
- B. Magnet
- C. Ruler
- D. Thread

**(Correct Answer: B. Magnet)**