St. Paul's C of E VA Primary and Nursery School
Knowledge Organisers

Year Group: Year 3
Topic: Healthy Eating and Healthy Bodies

Key Vocabulary

Energy	The property that gives us strength
Nutrition	Food necessary for health and growth
Contract	When a muscle becomes smaller, shorter and tighter
Skeleton	Bones surrounding our important organs
Muscle	A soft tissues in the body that contracts and relaxes to cause movement of the skeleton
Healthy	In good physical condition



