Year 3 Science Assessment: The Human Body

Learning objective: To identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; to identify that humans and some other animals have skeletons and muscles for support, protection, and movement.

Read each question carefully. Answer all questions in the spaces provided. Make sure to use your scientific vocabulary.

Max the monkey is helping his friends learn about their bodies. He knows that humans are very clever, but we need to look after ourselves to stay healthy and strong. Nova the owl is helping him by observing how different animals move and what they need to eat to grow.

Word bank: skeleton · nutrition · muscles · support · protection · movement · calcium · joint · protein

1. Max says that humans cannot make their own food. Explain how humans get the nutrition they need to survive. (2 marks)

2. Name two parts of the human body that are protected by the skeleton. (2 marks)

3. Why do we need a skeleton? Give two reasons. (2 marks)

4. How do muscles and bones work together to help us move? Use the word 'joint' in your answer. (3 marks)

5. Nova wants to grow strong bones. Identify one type of nutrient or food group that helps build healthy bones and teeth. (1 mark)

6. A healthy diet includes a variety of food groups. List three different food groups and explain why our bodies need them. (3 marks)

7. Max decides to eat only one type of food every day. Explain to Max why this is not a healthy choice for his body. Include what might happen if he does not have a balanced diet. (5 marks)

8. Look at your own arm. Describe how your muscles change when you bend your arm at the elbow compared to when it is straight. (3 marks)

9. True or False: Do all animals have a skeleton on the inside of their bodies? (4 marks)

Draw: Draw a simple diagram of a human skeleton. Label the skull, the ribcage, and the spine.

Extension challenge: Total: /25. Challenge: Research an animal that does not have a skeleton and explain how it manages to move without one.