



Key Knowledge

Nutrition	
What is Nutrition?	Nutrition means animals getting the food they need to grow and be healthy
Things animals need to survive	Water Food Air Shelter
Things humans need to be healthy	- To have a balanced diet of the right amount of different types of food and drink - To exercise regularly - To be hygienic
Where do humans get their food?	Humans and animals can't make their own food. They get their food by growing it, hunting it or gathering it.
Skeletons and Muscles	
What is a skeleton?	A skeleton is a structure of bones that supports the body of a person or animal
12 common parts of the skeleton	Skull, clavicle, scapula, rib cage, humerus, spinal column, pelvis, ulna, radius, femur, fibula and tibia
What is a muscle?	A soft tissue in the body that contracts and relaxes to cause movement of the skeleton.
Common muscles	Biceps, triceps, forearms, deltoids, abdominal, quadriceps, hamstring, gluteal, pectoral, gastrocnemius

Vocabulary

Nutrients: Useful substances found in foods.

Protein: Nutrients found in foods such as fish for body's growth and repair.

Fats: nutrients found in foods such as butter that give you energy.

A balanced diet: A diet that has the right amount of nutrients.

Carbohydrates: Nutrients found in sugary foods or starchy foods such as potatoes.

Skeleton: Supports and protects the body, allowing us to move.

Exoskeleton: a skeleton that some animals have which is outside their bodies.

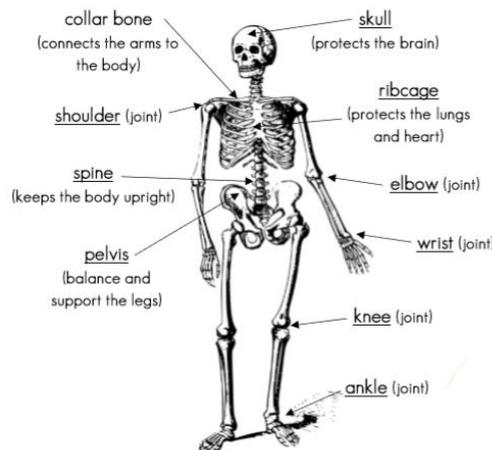
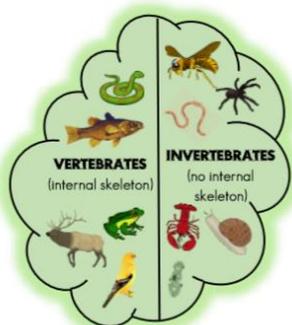
Contract: when a muscle gets shorter and pulls.

Relax: when a muscle stops contracting.

Muscle: special organs which can contract and make our bodies move.

Joint: where bones meet. There are different types of joint that can move in different ways.

Diagrams



Skills

Working Scientifically

- Children will identify how different food groups make up a balanced diet.
- Children will compare the diets of different animals.
- Children will record findings using simple scientific language.
- Children will identify and classify animals with and without skeleton.
- Children make systematic and careful observations to find out how joints help the body movement.