



What I should already know:

The names and structure of a variety of common animals including fish, reptiles, birds, mammals and amphibians.

A variety of common animals that are carnivores, herbivores and omnivores.

That all animals need water, food and air as their basic needs for survival.

The importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

The basic parts of the human body.

At the end of this topic, I will know:

That animals, including humans, need the right types and amounts of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

That humans and some other animals have skeletons and muscles for support, protection and movement.

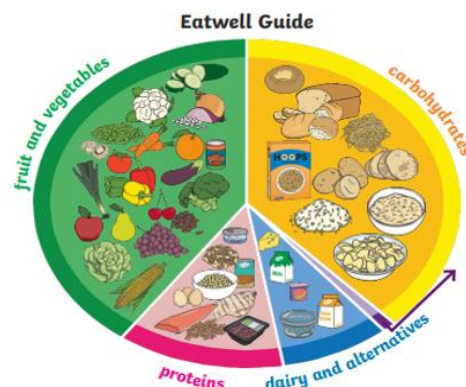
Key Facts:

Nutrition

Humans need to eat a **healthy balanced diet**.

Nutrition is when we eat food to **give us energy**. Adults and children need lots of energy to help them **keep moving** and keep their **bodies healthy**!

Children also need food to help them grow.



The Eatwell Plate is a guide to help show us how much of each type of food we **should eat**.

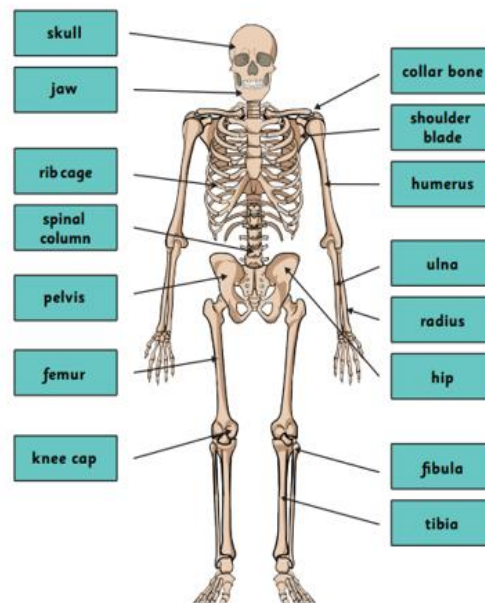
Other animals

Vertebrates are animals that have a spine or backbone as part of their skeleton. Humans are vertebrates.

Invertebrates are animal that do not have a backbone. A butterfly is an invertebrate.



Bones



Ribcage – Curved bones in the chest that protect the heart and lungs.

Spine – A group of small bones stacked on top of each other in the back that support movement.

Skull – The bones in the head that protect the brain.

Pelvis – A rounded "bowl-like" set of bones which connect the spine to the legs.

Femur – A long bone in the upper leg that supports movement.



Vocabulary

nutrition	Taking in and using food to keep the body healthy.
nutrients	Found in our food and required by our body for survival, growth and reproduction.
carbohydrates	Food such as bread, cereals, pasta and rice. These foods provide our body with energy.
sugars	A substance used to make food and drink sweet. Sugars provide energy to the body.
protein	Foods such as eggs, beans, fish and meat. These foods help the body to build and repair muscles and bones.
vitamins	Help keep the body working properly.
minerals	Build strong bones and teeth.
fibre	Lets food pass quickly through your body.
Fat	Foods such as oil, butter, fried food and nuts. Healthy fats provide energy whilst unhealthy fats can cause weight gain if eaten too often.
skeleton	A collection of bones to support the body.
bones	The hard parts of the skeleton.
muscles	Attached to the bones. They contract to allow movement.
contract	To squeeze together.
joints	The place where two bones meet.
support	To hold something firmly or carry its weight.

Muscles

To straighten our arm, our biceps relax and our triceps contract. This straightens our arm.

To bend our arm, our biceps contract and our triceps relax. This allows us to bend our arm at the elbow joint.

When we stretch our muscles. They become longer and thinner.

When we contract our muscles, they become shorter.

