



Key Vocabulary

1	Nutrients	something in food that helps people, animals, and plants live and grow.
2	Dietary	the food and drink usually eaten and drunk by a person or animal.
3	fibre	a plant material found in food that is not digested by the body but that plays an important part in good health.
4	Balanced diet	A balanced diet is one that fulfills all of a person's nutritional needs by eating a variety of the different food groups.
5	Carbohydrate	foods, such as breads, potatoes, and grains. The human body uses carbohydrates as a ready source of energy
6	Skeleton	the inner framework of bones and cartilage in vertebrate animals. Skeletons support the body and protect softer body parts.
7	Muscles	tissue in the body of animals and humans that moves parts of the body
8	Support	to hold up; brace.
9	Movement	a particular action or way of changing place or position
10	Brain	the organ inside the skull of humans and animals. The brain is the main part of the central nervous system. It controls the body's movements and activities and is the center of thought, memory, and feelings.
11	Protection	keeping something safe from harm
12	Blood vessels	any of the tubes in the body through which the blood moves. Arteries, veins, and capillaries are types of blood vessel
13	Heart	the organ that pumps blood through the body
14	Skull	the bony framework of the head and face that protects the brain
15	Ribs	one of the set of bones that curve from the spine around the chest to protect vital organs.
16	Spine	the backbone; spinal column

Sticky Knowledge

1	Some animals have skeletons for support, movement and protection.
2	Endoskeletons are those found inside some animals, such as humans, cats and horses.
3	Exoskeletons are those found on the outside of some animals, such as beetles and flies.
4	Some animals have no skeleton, such as slugs and jellyfish.
5	Animals cannot make their own food and need to get nutrition from the food they eat - Carnivores get their nutrition from eating other animals. - Herbivores get their nutrition from plants. - Omnivores get their nutrition from eating a variety of plants and other animals.
6	Humans have a skeleton and muscles for movement, support and protecting organs.
7	Major bones in the human body include the skull, ribs, spine, humerus, ulna, radius, pelvis, femur, tibia and fibula.
8	Major muscle groups in the human body include the biceps, triceps, abdominals, trapezius, gluteals, hamstrings, quadriceps, deltoids, gastrocnemius, latissimus dorsi and pectorals.
9	Humans have to get nutrition from what they eat. It is important to have a balanced diet made up of the main food groups, including proteins, carbohydrates, fruit and vegetables, dairy products and alternatives, and fats and spreads. Humans need to stay hydrated by drinking water.
10	Light from the Sun is damaging for vision and the skin. Protection from the Sun includes sun cream, sun hats, sunglasses, staying indoors or in the shade.
11	Animals, unlike plants which can make their own food, need to eat in order to get the nutrients they need. Food contains a range of different nutrients – carbohydrates (including sugars), protein, vitamins, minerals, fats, sugars, water – and fibre that are needed by the body to stay healthy. A piece of food will often provide a range of nutrients.
12	Humans, and some other animals, have skeletons and muscles which help them move and provide protection and support.

Key Questions

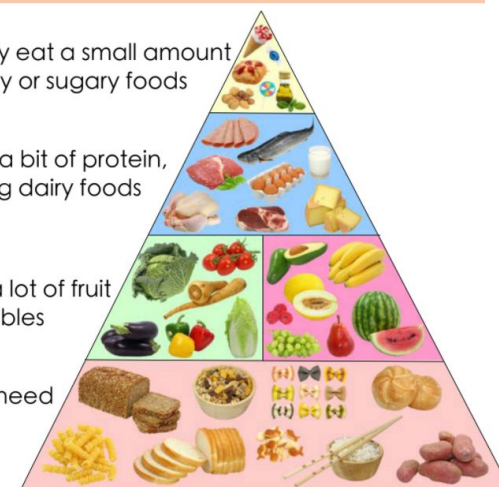
1	Can you explain the importance of a nutritionally balanced diet?
2	Can you describe how nutrients, water and oxygen are transported within animals and humans?
3	Can you identify that animals, including humans, cannot make their own food: they get nutrition from what they eat?
4	Can you describe and explain the skeletal system of a human?
5	Can you describe and explain the muscular system of a human?
6	Do you know the importance of a nutritious, balanced diet?
7	Do you know how nutrients, water and oxygen are transported within animals and humans?
8	Do you know about the skeletal and muscular system of a human and some other animals?
9	Do you know that humans and some other animals have skeletons and muscles for support, protection and movement?
10	Can you explain how the muscular and skeletal systems work together to create movement?
11	Can you classify living things and non-living things by a number of characteristics that they have thought of?
12	Can you explain how people, weather and the environment can affect living things?
13	Can you explain how certain living things depend on one another to survive?

You should only eat a small amount of very fatty or sugary foods

You need a bit of protein, including dairy foods

You need to eat a lot of fruit and vegetables

The food group you need to eat most of is carbohydrates





Prior Vocabulary

1	Adult	a person who is fully grown and mature; grown-up.
2	Young	an early stage of life or growth
3	Toddler	a young child who has just learned to walk.
4	Child	a young human
5	Teenager	a person of age thirteen through nineteen.
6	Grow	to become larger by natural development
7	Offspring	the child or young of a particular human, animal, or plant
8	Survival	the act or fact of continuing to be alive or survive
9	Basic needs	Understand you need water, food and air to survive.
10	Food types	Fruit and vegetable, carbohydrates, starch, protein, meat and fish, dairy and fats and sugars.
11	hygiene	the practice of keeping clean to stay healthy and prevent disease.
12	infection	an illness caused by germs
13	exercise	activity done to keep the body or mind strong or to make them stronger.
14	unhealthy	causing poor health.
15	develop	bring out the potential of; advance to a more complete or more effective condition.
16	reproduction	the process by which living things create young or offspring
17	life cycle	the sequence of changes that a living thing goes through as it grows and develops. Birth, growth, reproduction, aging, and death are all stages in the life cycle of an animal.
18	Heart rate	the number of times the heart beats in one minute
19	nutrition	The act or process of eating and using the nutrients in food for living and growing

Prior Knowledge

1	Pupils will by now know that it is not sensible to eat too much of certain foods, e.g. chips
2	They will know that certain parts of their bodies bend
3	Children will have identified and named a variety of common animals including fish, amphibians, reptiles, birds and mammals.
4	Children will have identified and named a variety of common animals that are carnivores, herbivores and omnivores
5	Children will have described and compared the structure of a variety of common animals (fish, amphibians, reptiles, birds and mammals, including pets)
6	Children will have found out about and described the basic needs of animals, including humans, for survival (water, food and air)
7	Children will have described the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Future Learning

1	Describe the simple functions of the basic parts of the digestive system in humans
2	Identify the different types of teeth in humans and their simple functions.
3	Construct and interpret a variety of food chains, identifying producers, predators and prey.
4	Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.