

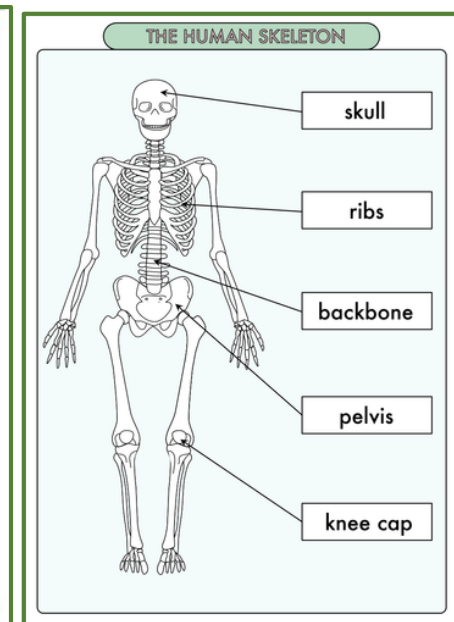
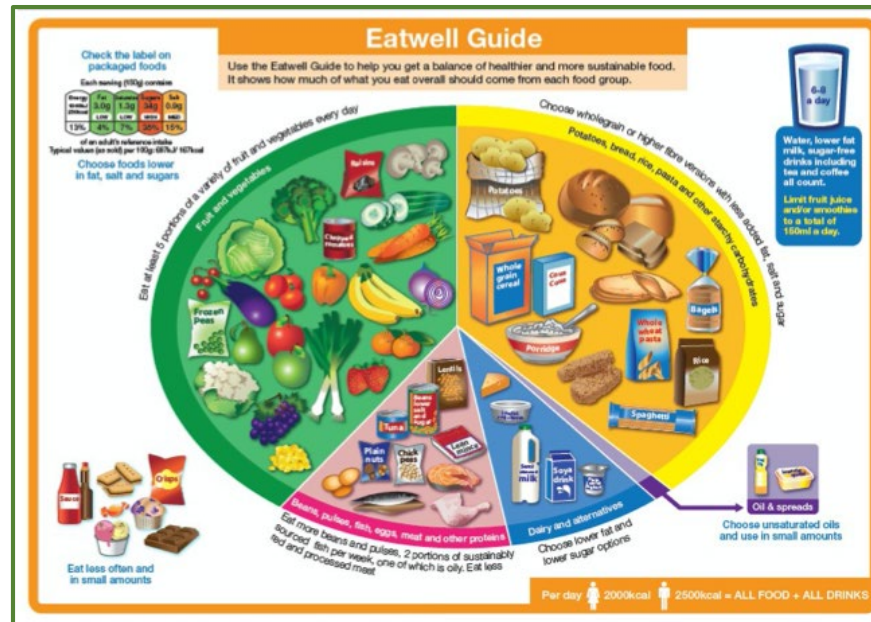
What? (Key Knowledge)	
Nutrition	
Things animals need to survive	Water Food Air Shelter
Things humans need to survive	Water Food Air Shelter
Things humans need to be healthy	<ul style="list-style-type: none"> To have a balanced diet of the right amount of different types of food and drink To exercise regularly To be hygienic
What is Nutrition?	Nutrition means animals getting the food they need to grow and be healthy
Can we make our own food?	No. <ul style="list-style-type: none"> Humans and animals can't make their own food They get food by either growing it, hunting it or gathering it
What is meant by growing food?	<ul style="list-style-type: none"> Humans can grow their own food by planting seeds that they later harvest
What is meant by hunting food?	<ul style="list-style-type: none"> Humans can hunt other animals to eat
Skeletons and Muscles	
What is a skeleton?	<ul style="list-style-type: none"> A skeleton is a structure of bones that supports the body of a person or animal
12 common parts of the skeleton we should know	<ul style="list-style-type: none"> Skull, clavicle, scapula, rib cage, humerus, spinal column, pelvis, ulna, radius, femur, fibula and tibia (See diagram)
What is a muscle?	<ul style="list-style-type: none"> A soft tissue in the body that contracts and relaxes to cause movement of the skeleton
19 common muscles we should know	<p>Front:</p> <p>Deltoids, pectoralis major, biceps, anterior forearms, obliques, rectus abdominals, iliopsoas, quadriceps, adductors and dorsi flexors</p> <p>Back:</p> <p>Trapezius, deltoids, latissimus dorsi, triceps, posterior forearms, lower back, gluteals, hamstrings and calves</p>

What? (Key Vocabulary)	
Spelling	Definition/Sentence
nutrients	Provides essential nourishment for life and growth
carbohydrates	A substance in food made up of sugar, starch. Typically broken down to release energy
protein	A nutrient found in food made up of amino acid which is essential for cell structure and normal function
vitamins	A nutrient needed to grow, reproduce and be healthy
minerals	A solid material that's naturally occurring
skeleton	An internal framework of bone and cartilage
muscles	Tissue in the body that helps to move and maintain positions in the body
joints	Where two parts of the body fit together
support	To hold up
protect	Keep safe from harm or injury

Take it further at home...

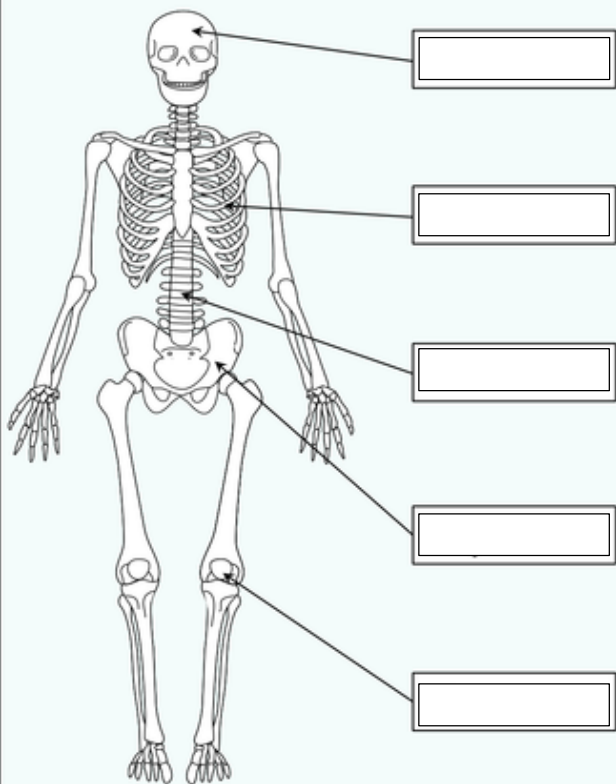
- Grouping animals with or without skeletons
- Classify food by how the human 'gets' them
- Use blue-tac to show the need for warming up muscles
- Conduct experiments to find out which is the strongest muscle group
- Test relationships in the body, e.g. does wingspan = height?

Diagram and symbols



Label the parts of the skeleton

THE HUMAN SKELETON



What? (Key Vocabulary)

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vitamins	
	A solid material that's naturally occurring
skeleton	
muscles	
	Where two parts of the body fit together
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	Keep safe from harm or injury

