














Key Ideas & Vocabulary

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. Humans, and some other animals, have skeletons and muscles which help them move and provide protection and support.

bones		Bones give the body structure, allow movement and protect internal organs.
carbohydrate		Starchy, sugary foods. Provide energy.
fat		Provides energy and help absorb vitamins. Saturated fat is less healthy.
fibre		A carbohydrate that helps digestion.
joint		Where two or more bones meet. Allows movement.
muscle		Controls movement.
nutrients		A substance found in food needed for healthy growth and development.
nutrition		A healthy and balanced diet.
protein		Builds, maintains and repairs the body. Found in eggs, nuts, beans, fish, meat.
sugars		A type of carbohydrate which is sweet.
vitamins		Substances found in food needed to keep the body healthy.

Knowledge I already have

In Year 1, I:

- identified and named a variety of common animals including fish, amphibians, reptiles, birds and mammals.
- identified and named a variety of common animals that are carnivores, herbivores and omnivores.
- described and compared the structure of a variety of common animals (fish, amphibians, reptiles, birds and mammals, including pets).

In Year 2, I:

- found out about and described the basic needs of animals, including humans, for survival (water, food and air).
- described the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Future Knowledge

In Year 4, I will:

- describe the simple functions of the basic parts of the digestive system in humans.
- identify the different types of teeth in humans and their simple functions.
- construct and interpret a variety of food chains, identifying producers, predators and prey.

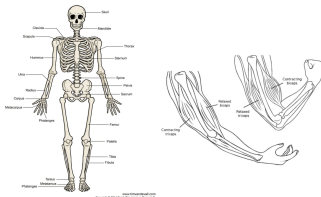
In Year 6, I will:

- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.

New Knowledge

By the end of this unit, I will:

- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food – they get nutrition from what they eat.
- identify that humans and some other animals have skeletons and muscles for support, protection and movement.



Scientific Enquiry

Researching using secondary sources:

- I will pose and answer scientific questions about nutrients in food by researching food labels and secondary resources.
- I will use secondary resources, models and observation of my own body to identify the parts and functions of the skeleton.

Pattern Seeking:

- I will investigate patterns by posing scientific questions related to the human body and use data to look for patterns or lack of patterns when answering my enquiry question.