

This year I will learn...



Animals including humans (1)

...to 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

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

Vocabulary		
 healthy	In a good physical and mental condition.	
 nutrients	Substances that living things need to stay alive and healthy (below).	
 carbohydrates	 fats	 minerals
 proteins	 vitamins	 water
 energy	Strength to be able to move and grow.	
 vertebrate	Animals with backbones.	
 invertebrate	Animals without backbones.	
 muscles	Soft tissues in the body that contract and relax to cause movement.	
 tendons	Cords that join muscles to bones.	
 joints	Areas where two or more bones are fitted together.	

Animals, including humans, can't make their own food.

Animals get nutrients from the food they eat.

Most animals eat living things to get the nutrients they need.

Some animals eat other animals, e.g. puffins eat sand eels.



Some animals eat plants, e.g. caterpillars eat leaves.



*Humans need to eat a **balanced diet** to get the right amount of nutrients.*

***Carbohydrates** from starches in bread, pasta and cereal and sugars in biscuits, cakes and sweets are needed for **energy**.*

***Vitamins and minerals** from fruit, vegetables and dairy are needed to keep our **cells healthy**.*

***Water** in drinks is needed to **live**.*



***Fibre** in fruit, vegetables and wholegrain bread are needed to help **move** food through the gut.*

***Proteins** in fish, meat, beans, nuts and eggs are needed for **growth and repair**.*

***Fats** from meat, oil and dairy are needed for **energy**.*

This year I will learn...



Animals including humans (2)

...to 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

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

Vocabulary	
healthy	In a good physical and mental condition.
nutrients	Substances that living things need to stay alive and healthy (below).
carbohydrates	fats
proteins	vitamins
	minerals
	water
energy	Strength to be able to move and grow.
vertebrate	Animals with backbones.
invertebrate	Animals without backbones.
muscles	Soft tissues in the body that contract and relax to cause movement.
tendons	Cords that join muscles to bones.
joints	Areas where two or more bones are fitted together.

A skeleton is made of **bones**.
Humans have a skeleton **inside** their body.

A skeleton has three jobs...	
Support	It lets the body stand upright and holds up body parts.
Protection	It stops body parts getting damaged.
Movement	Muscles are joined to the bones, which have joints. Muscles and joints allow the skeleton to move.

The skull protects the brain.

The spine protects the spinal cord.

The ribs protect the heart and lungs.

Muscles work in pairs to move bones. One muscle **contracts** while the other **relaxes**.

Contracts = gets shorter
Relaxes = gets longer

To pull your arm up...

This muscle **contracts** and pulls on this bone.

This muscle **relaxes**.

To pull your arm down...

This muscle **relaxes**.

This muscle **contracts** and pulls on this bone.