



What I might already know: Basic body part names, we need food to help us live grow.

KEY QUESTIONS:

What is inside me?

Why do we need a skeleton?

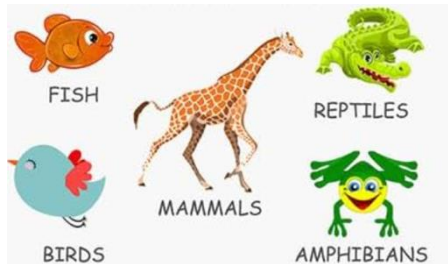
What is a balanced diet?

What we will be learning:

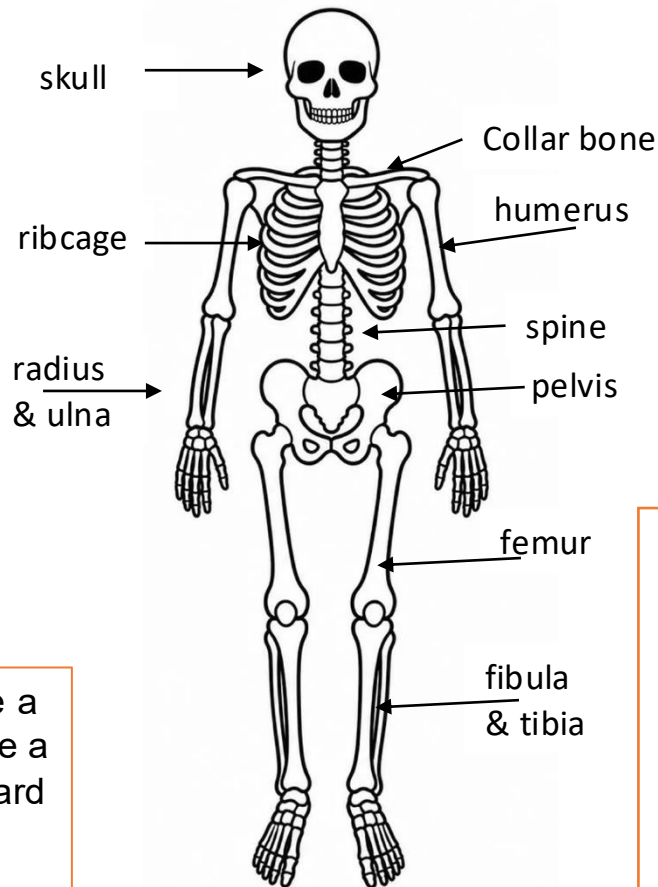
Key Vocabulary:

skeleton, muscles, bones, joints, movement, support, protect, spine, skull, vertebrate, invertebrate, nutrients, carbohydrates, protein, fibre, fats, vitamins, minerals, water, healthy.

Vertebrates: animals that do have a backbone.

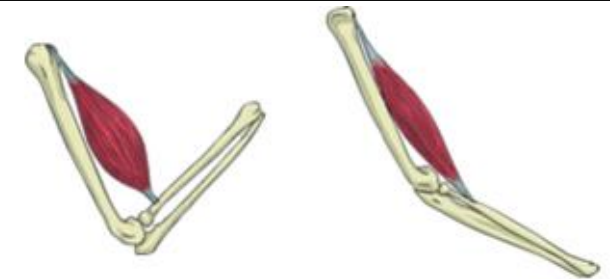


Invertebrates: do not have a backbone. They either have a soft body or they have a hard outer casing called an exoskeleton.



The skeleton has 3 functions:

- Support the body
- Protect organs
- Allow movement



contract

relax

Muscles work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



To stay healthy, humans need to eat a balanced diet.

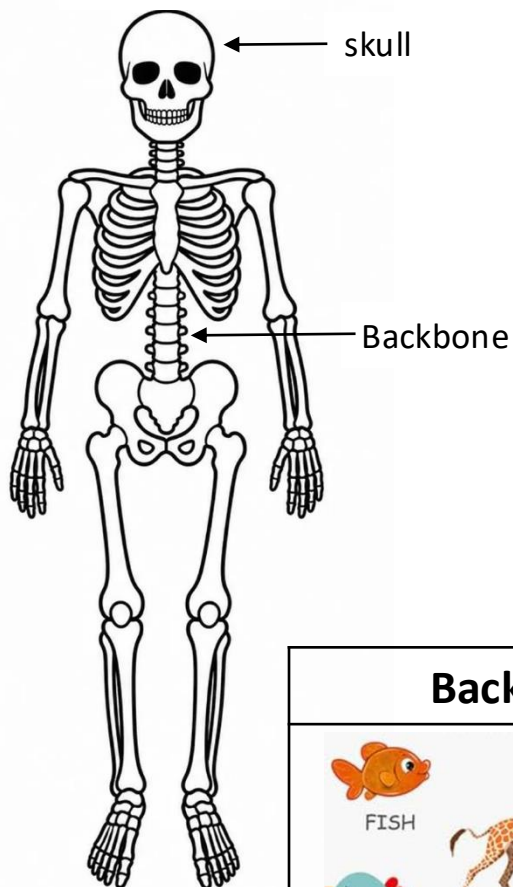


SCIENCE: Skeletons: Humans and Animals

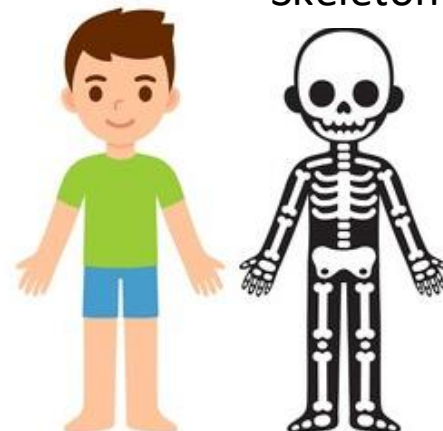
What I might already know: Basic body part names, we need food to help us live grow.

What we will be learning:

Bones

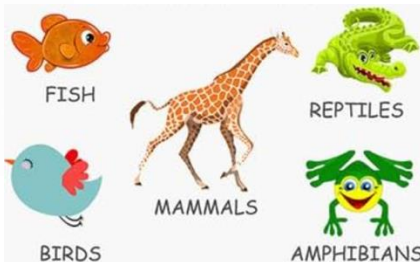


Skeleton



muscles

Backbone



No backbone

