

My Knowledge Journal



Animals Including Humans

Name: _____

Pre Knowledge Quiz

Q1. What is a herbivore?

Q3. Circle the correct answer.

The muscle is contracting / relaxed



Q4. Circle the foods that are high in fibre. (circle 2)



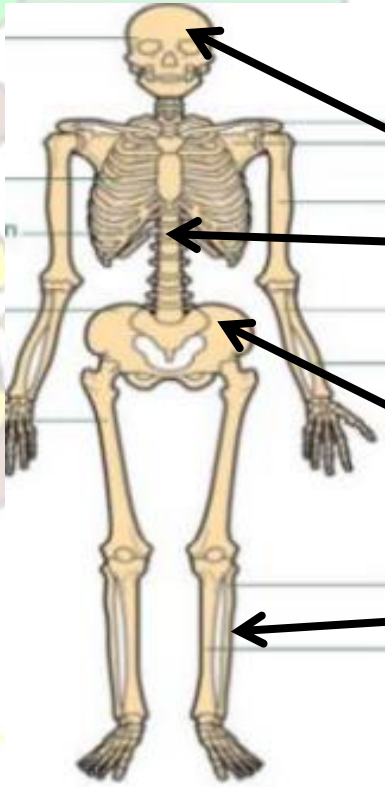
Q2. Colour in two animals that are vertebrates

Tiger

Spider

Fish

Parrot



Q5. Label the parts of the skeleton.

Animal Including Humans Knowledge Organiser

What should I already know?

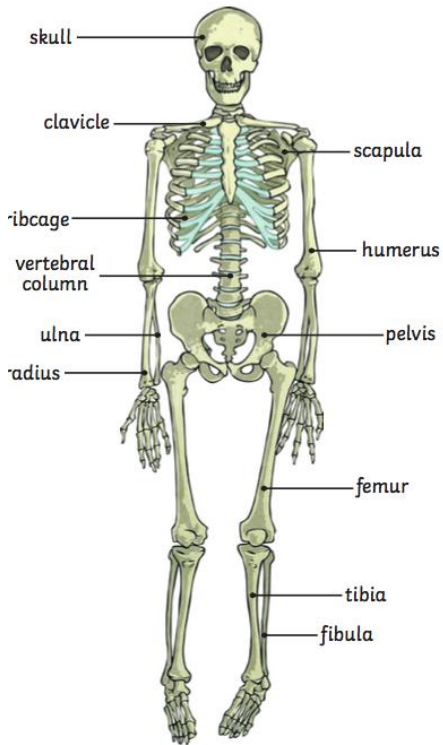
- Found out about and described the basic needs of animals, including humans, for survival (water, food and air)
- Described the importance for humans of exercise, eating the right amounts of different types of food, and hygiene
- How to identify and classify, and how to use observations to suggest answers to questions
- How to observe using simple equipment and perform simple tests
- How to gather and record data to answer simple question.

A Balanced Diet

A balanced diet is an important part of maintaining good health and can help you feel your best. This mean eating a wide variety of foods in the right portions, and consuming the right amount of food and drink to maintain a healthy body weight. People should try and follow the eat well plate and try and eat 5 portions of fruit and vegetables a day.

Key Vocabulary

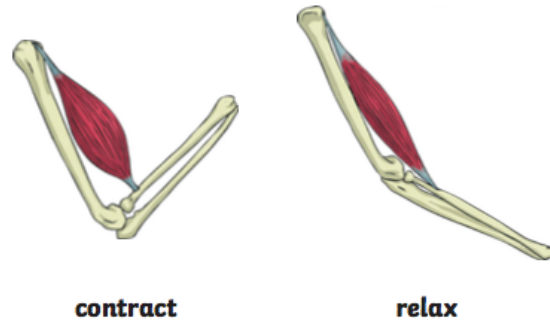
Herbivore	A herbivore is an animal that gets its energy from eating plants, and only plants.
Carnivore	A carnivore is an animal that gets food from killing and eating other animals.
Omnivore	An omnivore is a kind of animal that eats either other animals or plants.
Vertebrate	A vertebrate is an animal with a spinal cord.
Invertebrate	Invertebrates are animals without a backbone or bony skeleton.
Skeleton	A skeleton is the hard structure that protects the internal organs of a living thing
Food groups	A food group is a collection of foods that share similar nutritional properties
Balanced diet	a diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.
Carbohydrate	Carbohydrates are the sugars, starches and fibres found in fruits, grains, vegetables and milk products.
Protein	Protein is essential to building muscle. It is found in animal products, though is also present in other sources, such as nuts.
Fats	The body uses fats as fuel. A moderate amount is need in the diet for good health.
Sugar	Sugar can be found in many foods. It is a source of energy for the body. Sugar should be limited in the diet as it can effect health.
Calcium	Calcium help build bones and teeth and keep them healthy. It also helps muscle growth and repair.
Dairy	Dairy is a product made from milk. It can include cheese, butter, cream and yogurt.
Spine	The spine or vertebrate is the back bone of a human.
Muscle	Muscle is a soft tissue around the bones that allows animals to move.



The Body

The human body is made up of a skeleton and muscles. Together these enable us to move. The skeleton also stops humans from falling over. There are lots of different bones and muscles that all have different jobs.

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



Vertebrate and Invertebrate

Humans and other animals have a back bone and Skelton that helps them to move. These are classified as vertebrates. Not all animals have a back bone or a skeleton. These are classified as invertebrates.

Living Things

Living things need food to grow and to be strong and healthy. Plants can make their own food but animals cannot. To stay healthy humans need to exercise, eat a healthy diet and be hygienic. Animals including humans need food, water and air to stay alive.

Vertebrate	Invertebrate
Bird	Butterfly
Fish	Mealworm
Dog	Spider
Human	Worm
Cat	Jelly fish
Giraffe	Star fish
Panda	Crab
Dolphin	Lobster
Snakes	Insects.

My Knowledge Builder

My Previous Knowledge...

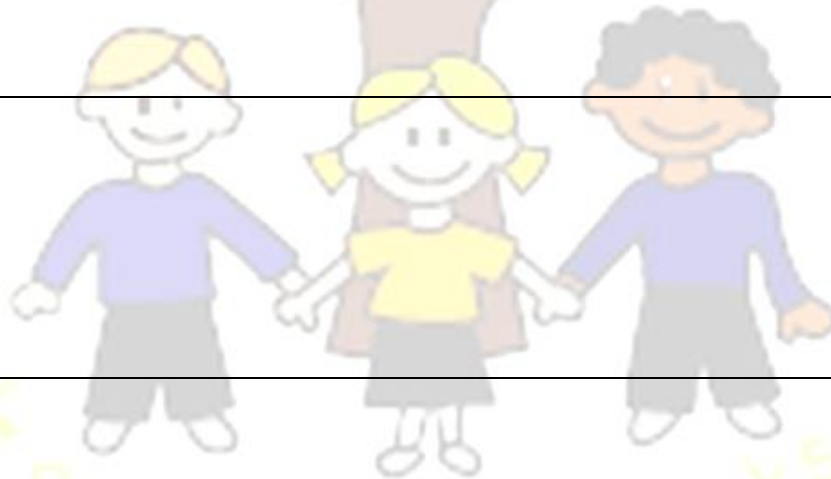
New knowledge ...

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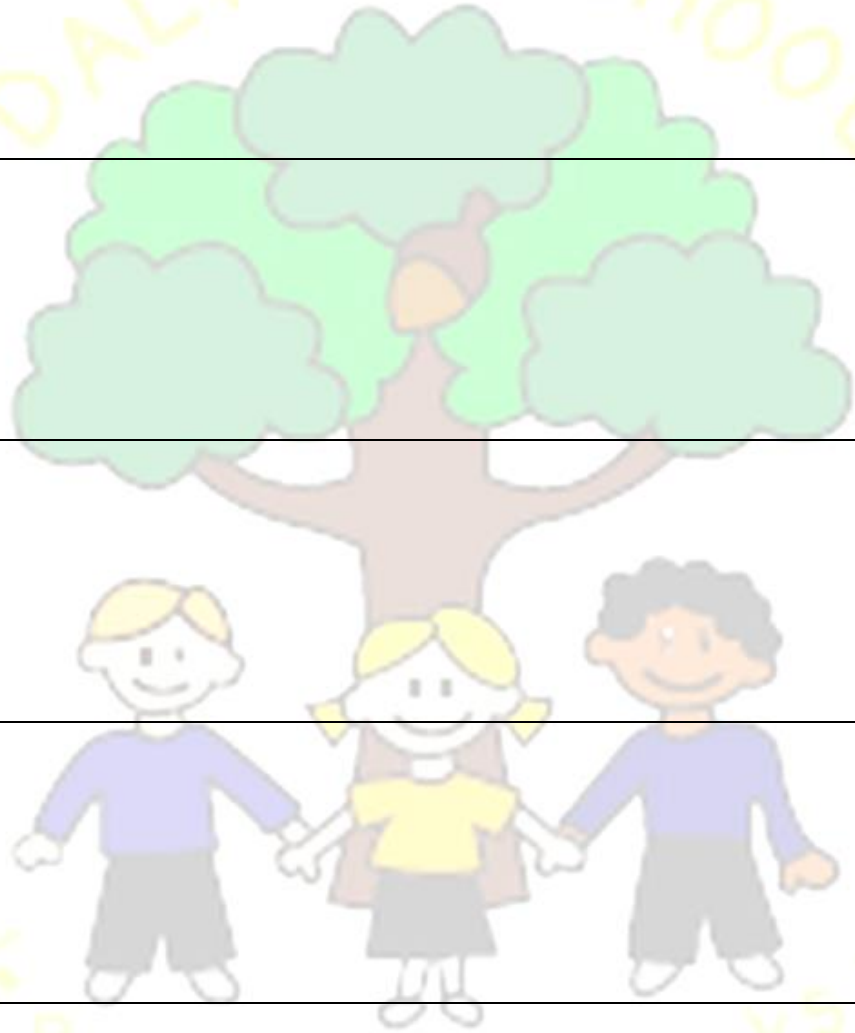
Lesson
2

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DALTON SCHOOL



From little acorns, mighty oaks will grow

Lesson
7

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DALTON SCHOOL



From little acorns, mighty oaks will grow

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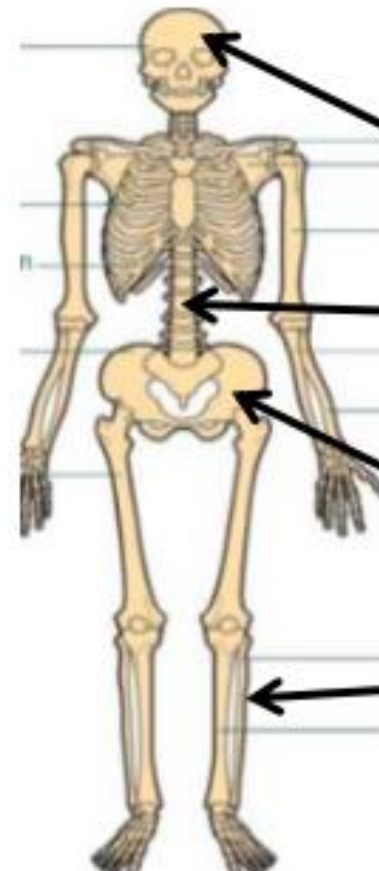
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DALTON SCHOOL



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