

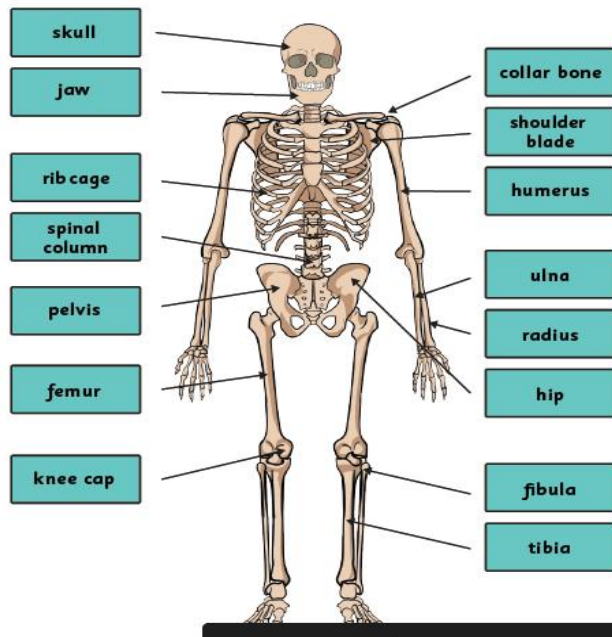
What should I already know?

- Animals, including humans, have offspring which grow into adults.
- Understand the basic needs of animals, including humans, for survival (water, food, air).
- Appreciate the importance of exercise, eating healthy food and hygiene.

What will I know by the end of the unit?

- I will know that humans, have skeletons and muscles to protect, support and move.
- I will learn that animals, including humans, need the right type and amount of nutrition and that they can not make their own food; they get nutrition from what they eat.
- I can identify that some animals have skeletons and muscles to protect, support and move.

Bones



Nutrition

Humans need to eat a **healthy balanced diet**.

**Nutrition** is when we eat food to **give us energy**. Adults and children need lots of energy to help them **keep moving** and keep their **bodies healthy!**

**Children** also need food to **help them grow**. The Eatwell **Plate** shown below is a guide to help show us how much of each type of food **we should eat**.



- fruit & veg
- dairy
- sugar & fats
- carbs & starches
- protein

Key Vocabulary

**bone** - hard parts of the skeleton

**contract** - to squeeze together

**diet** - the food that we eat

**exoskeleton** - a skeleton on the outside of the body

**invertebrate** - an animal without a spine/backbone

**healthy** - things that are good for our bodies

**muscle** - a bundle of tissue that contracts to allow movement

**nutrition** - the food we eat that gives us energy

**relax** - to become less tense

**skeleton** - a framework of bone to support the body

**unhealthy** - things that are not good for our bodies

Other animals

**Vertebrates** are animals that have a spine or backbone as part of their skeleton. Humans are vertebrates.



**Invertebrates** are animal that do not have a backbone. A butterfly is an invertebrate.



Muscles

To **straighten** our arm, our **biceps relax** and our **triceps contract**. This straightens our arm.

To **bend** our arm, our **biceps contract** and our **triceps relax**. This allows us to bend our arm at the elbow joint.

When we **stretch** our muscles, they become **longer and thinner**.

When we **contract** our muscles, they become **shorter**.

