

**What I will Learn.**

I will:

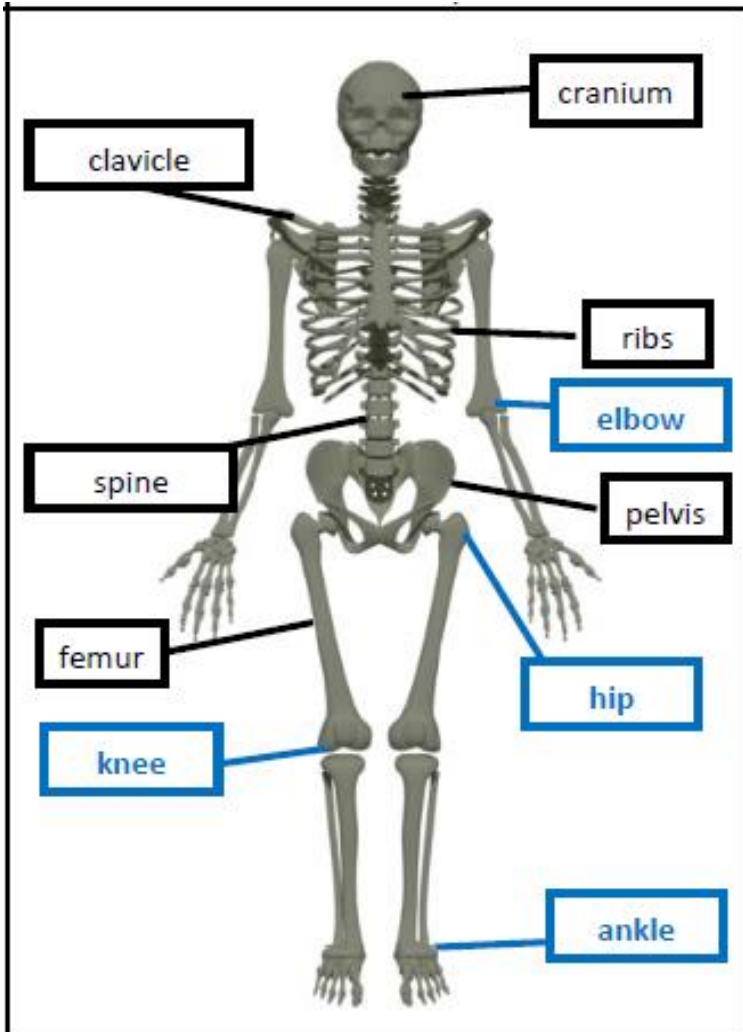
- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.
- identify that humans and some other animals have skeletons and muscles for support, protection and movement.

**Investigate!**

We will continue to learn about the importance of nutrition and will be introduced to the main body parts associated with the skeleton and muscles, finding out how different parts of the body have special functions.

We might work scientifically by: identifying and grouping animals with and without skeletons and observing and comparing their movement; exploring ideas about what would happen if humans did not have skeletons. Also, we might compare and contrast the diets of different animals (including their pets) and decide ways of grouping them according to what they eat.

We could research different food groups and how they keep us



**Vocabulary**

backbone	the column of small linked <b>bones</b> down the middle of your back . Also known as a spine.
bones	the hard parts inside your body which form your <b>skeleton</b>
contract	to make smaller by drawing together; shrink or make tighter.
elbow	the bend or joint between the upper arm and the lower arm
joints	the junction between two or more <b>bones</b>
muscles	something inside your body which connects two <b>bones</b> and which you use when you make a movement
organs	a part of your body that has a particular purpose
protect	<b>protecting</b> someone or something means to prevent them from being harmed or damaged
relax	When a part of your body <b>relaxes</b> , or when you relax it, it becomes less stiff or firm
skeleton	the framework of <b>bones</b> in your body
support	to hold something up
tendons	a strong cord in a person's or animal's body which joins a <b>muscle</b> to a <b>bone</b>
vertebrate	a creature which has a spine

**Food Groups**

**Carbohydrates:** They give you energy.

You find them in sugary and starchy foods like potatoes, rice, cereals, pasta, bread and some fruit and vegetables.

**Proteins:** They help your body grow and repair itself.

You find them in meats, poultry, fish, dairy products, eggs and beans.

**Fats:** They provide energy and help in building.

You find them in dairy products, red meats, some poultry and fish.

**Fibre:** It helps you digest your food.

You find fibre in lots of food like cereals, fruit, bread and vegetables

**Minerals:** Iron is good for the blood. Calcium is good for your bones. Magnesium is good for your nerves. Minerals are in lots of foods but are especially in fresh fruit and vegetables.

**Vitamins** e.g. vitamin A, B, C, D, E. Vitamins are good for keeping your body healthy. They are good for your skin, bones and teeth. Vitamins are mostly found in dairy products (milk, eggs and butter), fresh fruit and vegetables.

