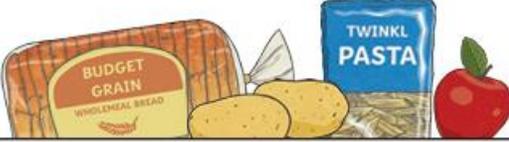
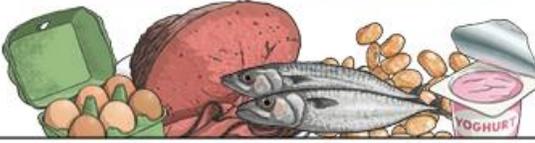
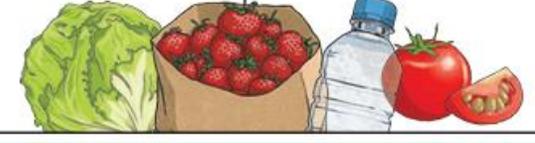




| Key Vocabulary | |
|-------------------------|--|
| healthy | in a good physical and mental condition |
| nutrients | substances that living things need to stay alive and healthy |
| energy | strength to be able to move and grow |
| saturated fats | types of fats, considered to be less healthy, that should only be eaten in small amounts |
| unsaturated fats | fats that give you energy, vitamins and minerals |

- 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.

| Nutrient | Found in... (examples) | What it does/they do |
|----------------------|---|---|
| carbohydrates |  | provide energy |
| protein |  | helps growth and repair |
| fibre |  | helps you to digest the food that you have eaten |
| fats |  | provide energy |
| vitamins |  | keep you healthy |
| minerals |  | keep you healthy |
| water |  | moves nutrients around your body and helps to get rid of waste |



As a Scientist...

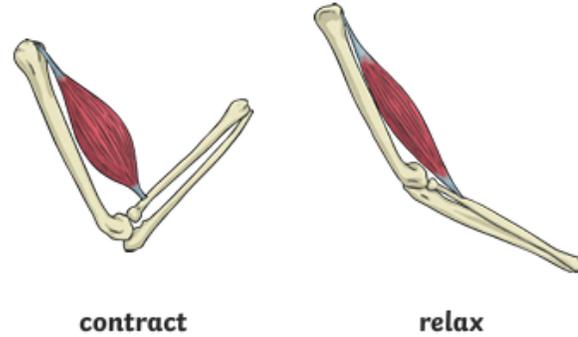
Key Vocabulary

| | |
|---------------------|--|
| vertebrate | animals with backbones |
| invertebrate | animals without backbones |
| muscles | soft tissues in the body that contract and relax to cause movement |
| tendons | ords that join muscles to bones |
| joints | areas where two or more bones are fitted together |

Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

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



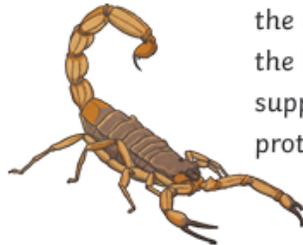
vertebrate

↓
endoskeleton – a skeleton on the inside of the body that supports and protects it

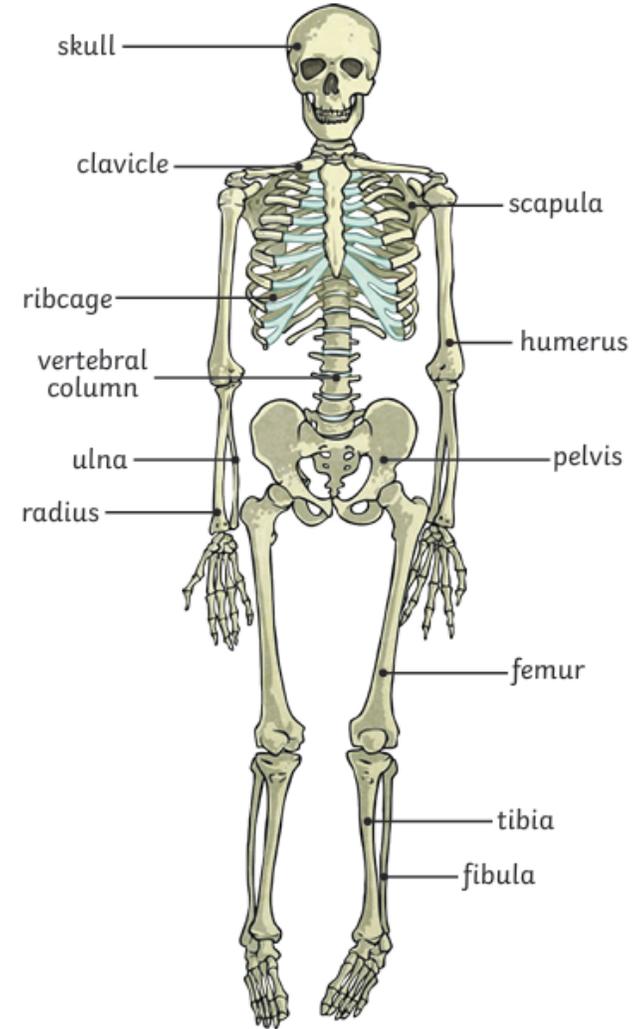


invertebrate

↓
exoskeleton – a skeleton on the outside of the body that supports and protects it



↓
hydrostatic skeleton – a skeleton made up of a fluid-filled compartment in the body called a coelom, mainly found in soft-bodied animals





As a Scientist...

In year 2 I learnt:

- that animals, including humans, have offspring which grow into adults
- the basic stages in a life cycle for animals, including humans.
- to describe the basic needs of animals, including humans, for survival (water, food and air).
- To describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

In year 3 I will learn to:

- Identify that animals, including humans, need the right types and amount of nutrition, and they cannot make their own food; they get their nutrition from what they eat.
- Know how nutrients, water and oxygen are transported within animals and humans.
- Know about the importance of a nutritious, balanced diet.
- Identify that humans and some other animals have skeletons and muscles for support, protection and movement: Know about the skeletal and muscular system of a human.

In year 4 I will learn to:

- Describe the simple functions of the basic parts of the digestive system in humans.
- Identify the different types of teeth in humans and their simple functions.
- Construct and interpret a variety of food chains, identifying producers, predators and prey.