

Animals including Humans Knowledge Mat

Sticky Knowledge- What do I need to know?		Key Vocabulary- What words do I need to know and understand?	
Week 1	I know that animals cannot make their own food and that they get it from plants and other animals.	nutrition	Nutrition involves drinking enough water and eating the right amount of items from the main food groups.
Week 2	I can explain that animals need the right types of food. I know that carnivores eat meat, herbivores eat plants and omnivores eat both meat and plants.	skeleton	The human skeleton is made of bone and grows as we grow. Our skull protects our brain and our ribs protect our heart and lungs.
Week 3	I can explain that animals including humans need the right nutrition. I can name the different food groups (proteins, carbohydrates, dairy, sugars and fats and fruit and vegetables) and can give examples.	diet	Our bodies need a balanced diet to work properly. This involves drinking enough water and eating healthily.
Week 4	I know that to be healthy I need to have a balanced diet, drink water, exercise, get plenty of sleep, spend time in the fresh air and keep clean.	joint	Joints allow the body to make movements. The body has many bones and are connected through the joints.
Week 5	I know that humans and some animals have skeletons for support, protection and movement.	spine	Also known as your backbone, your spine is a strong, flexible column of ring-like bones that runs from your skull to your pelvis.
		pelvis	The pelvis is a bony cradle-shaped structure located at the base of the spine.