

Science: Animals including humans



Key vocabulary

Nutrition-the food that you eat.

Protein

Carbohydrates

Minerals

Vitamins

Fats

Sugars

Balanced

Skull

Spine

Ribcage

Pelvis-bones at lower end of spine

Femur-the thigh bone

Calcium-a substance found in teeth and bones.

Muscle

Contract

Relax



Key questions

How can we organise the bones in the skeleton into groups?

How do muscles change as we bend joints?

How do the skeletons of different types of vertebrae compare?

How can we organise different types of food into groups?

How do diets of different animals compare?

Outcomes

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

Sticky knowledge

Skeletons protect our organs, help us to move and support our bodies.

-Muscles contract and change shape to help us move.

-A balanced diet helps to keep us healthy and can positively affect our performance both physically and mentally.

-Animals have different diets and require different nutrients.



Homework Grid.

**Complete 2 for bronze, 4 for silver and 6 for gold!
Please hand in on Mondays**

<p>Cook a nutritious and balanced meal. You could bring in the recipe or take a picture to show the class.</p>	<p>Go on a walk and write down all of the animals you see that have a spine.</p>	<p>Draw a picture of a skeleton from an animal (this could be a human) and label the different bones.</p>
<p>Look at the food in your cupboards. Write down which foods are high in protein, which are high in fat, which are high in salt etc. Look at the nutrition information on the front and back to help you.</p>	<p>Do some physical activity (this could be a sport) and write about what you did and what muscles you used.</p>	<p>Write a food diary for a week. What did you eat for breakfast lunch and tea all week?</p>
<p>Draw a healthy plate of food. Label the ingredients and explain why you chose the these foods. If you want, you could also draw an unhealthy plate to label.</p>	<p>Try five foods you have never tried before. Write down what they were, what they tasted like and their nutritional value. Be brave!</p>	<p>Research the diet of another animal. How does their diet compare to a human's diet? Present the information in any way you wish.</p>