

What do I already know?

- 5 vertebrate groups: mammals, birds, fish, reptiles and amphibians
- Identify and name: herbivores, carnivores and omnivores
- Basic needs of animals and humans to survive
- Importance of exercise, different types of food and hygiene in humans

Key vocabulary

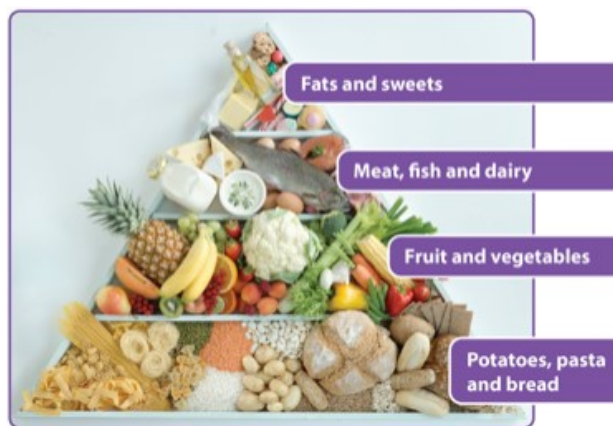
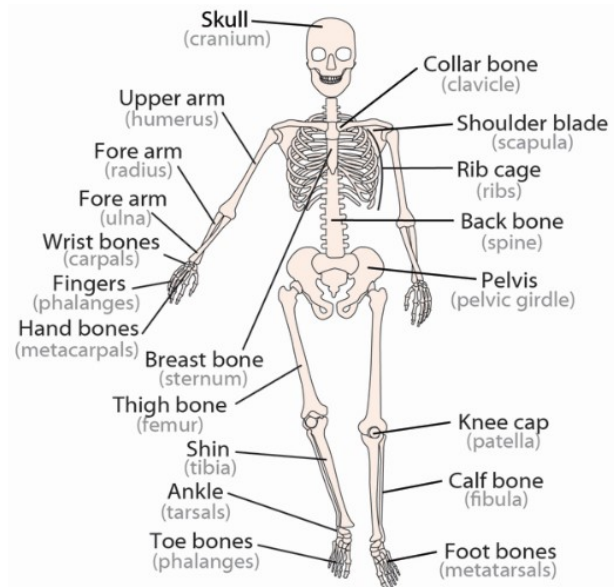
Nutrition	Food and nourishment needed to health and
Carbohydrates	Foods that produce a quick release of energy
Fats	Foods that produce a slow release of energy and keep you warm
Proteins	Vital for growth and repair
Vitamins and minerals	Maintain healthy body functions
Fibre	Aids digestion and keeps intestines
Water	Essential for all body functions
Vertebrates	Animals that have a backbone
Invertebrates	Animals without a backbone
Endoskeleton	A skeleton on the inside
Exoskeleton	A skeleton on the outside
Hydrostatic skeleton	A flexible skeleton supported by fluid
Muscles	A type of body tissue that produces move-
Joints	Joints hold bones together

What will I know by the end of the unit?

How do animals, including humans get the right types and amount of nutrition?

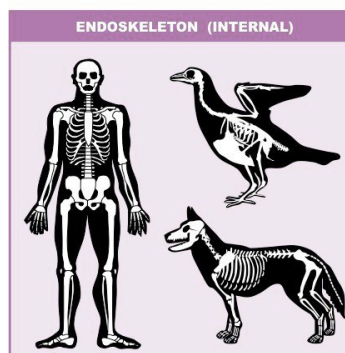
- The body requires a balanced diet from different food groups to be healthy.
- These are carbohydrates for energy, proteins for growth, fats for energy and warmth, and vitamins and minerals for healthy body functions.
- Overeating can lead to excess fat deposits, which can have a negative effect on the body. Undereating can also leads to health problems.
- Exercise helps the body to build muscle and strong bones, maintain a healthy heart and lungs, and burn excess fat. It also makes the brain more alert and helps release “feel-good” chemicals in the brain.

Why do animals, including humans, have skeletons and muscles?



Investigate

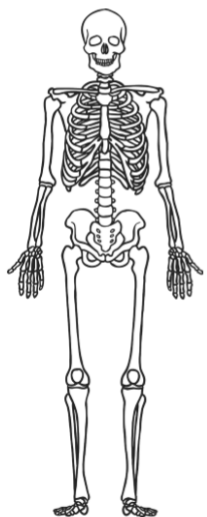
Can you group animals from your garden based on their skeleton?
 Draw your dinner plate.
 Can you label the different parts of the food pyramid within your dinner?



Useful websites




- <https://www.theschoolrun.com/homework-help/bones-and-muscles>
- <https://www.theschoolrun.com/homework->

What is a vertebrate?	Start of unit:	End of unit:
An animal with no back-bone		
An animal with a backbone		
A type of skeleton		
A food group		

Look at the diagram of the human skeleton and match the labels to the correct bones		Start of unit	End of unit
Pelvis			
Rib cage			
Skull			
Femur			

What do skeletons do?	Start of unit:	End of unit:
Keep our skin on		
Support, protection and movement		
To lift things		

Which type of food aid digestion and keep the intestines healthy?	Start of unit:	End of unit:
Fibre		
Water		
Vitamins and minerals		

Match the foods to their groups		Start of unit	End of unit
	Carbohydrates		
	Fats		
	Protein		