

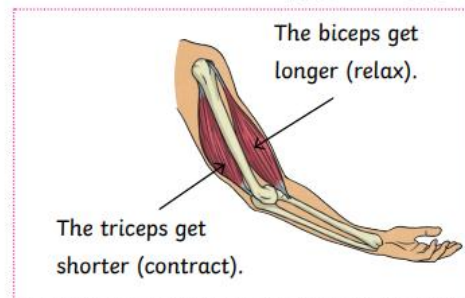
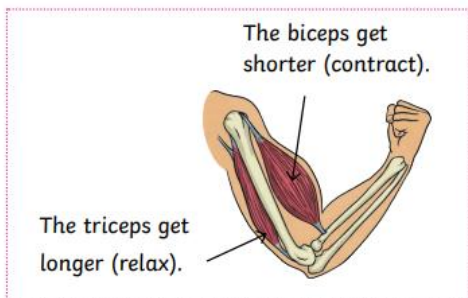
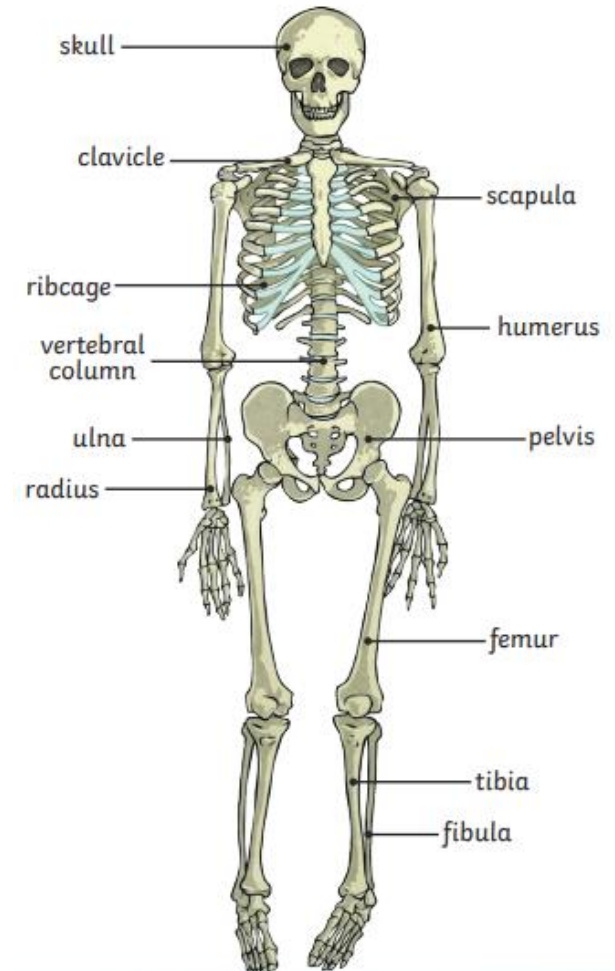
Animals Including Humans (yr 3 and 4) – Science – Acorns Class



Key Vocabulary	
bones	Hard parts inside the body which form the skeleton
balanced diet	Variety of food featuring all the different food groups
carbohydrates	Nutrient found in food like starchy vegetables, grains, rice, breads and cereals. There are 2 main types of carbohydrate – sugars and starches
exercise	Activity where you move your body energetically to stay fit and healthy
fat	Nutrient found in food. The body stores fat as a fuel source, Too much of the wrong kind of fat can be unhealthy
fibre	A carbohydrate that the body can't digest. Is found in fruits, vegetables & grains.
healthy	When you are well
hygiene	Keeping yourself clean to help stop the spreading of disease
joints	Where two bones of the skeleton meet and join together.

Skeletons do three important jobs:

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



Muscles are made up of thousands of stretchy fibres, or threads, which can do an amazing job of helping people to move, stay fit and keep healthy.

Key Vocabulary

muscles	Inside part of your body that connects 2 bones and is used when you move
nutrients	Important parts of food that the body needs to grow. Nutrients are absorbed by the body during digestion.
nutrition	The study of food and how it works in your body
protect	To keep something safe
protein	A nutrient found in food which helps to build and take care of the muscles and organs in our body
ribs	Bones that make up our rib cage and connect to the spine . They help to protect important organs inside our body
skeleton	All of the bones inside your body
skull	The bone that protects our brain at the top of the skeleton
spine	The column of bones which run up our back and protect our spinal cord
sugars	A sweet carbohydrate that gives us energy. Sugar has no nutritional value to our bodies
water	Clear liquid with no colour, taste or smell. All living things need water to survive.



The Eatwell Plate

A guide to the right balance of five main food groups.

- Fruit & Veg
- Carbs & Starches
- Dairy
- Protein
- Sugars & Fats

- 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.

Assessment:

- To identify that humans have bones and muscles for support, protection and movement.
- To plan and carry out an investigation around bones and muscles.
- To understand that animals have bones and muscles for support, protection and movement.
- To understand that animals, including humans, need the right type of nutrition.

