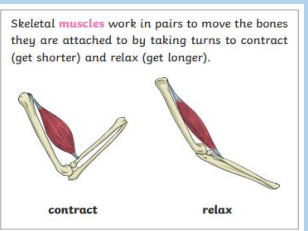
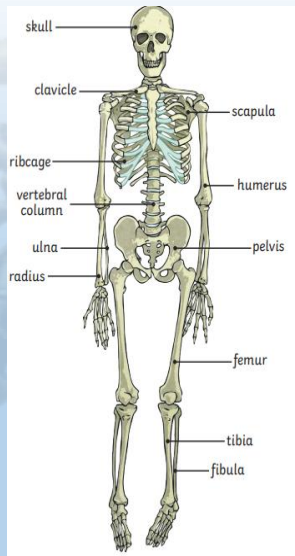


Key Knowledge

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



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

Key Skills

- To sort foods into food groups and find out about the nutrients that different foods provide.
- To explore the nutritional values of different foods by gathering information from food labels.
- To identify that humans and some other animals have skeletons and muscles for support, protection and movement.
- To set up simple practical enquiries, comparative and fair tests
- To investigate an idea about how the human skeleton supports movement.
- Recording findings using simple scientific language, drawings, labelled diagrams, keys, bar charts, and tables..
- To set up simple practical enquiries
- To design and carry out my own investigation.

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
- Vertebrate:** Animals with backbones
- Invertebrate:** Animals without backbones
- Muscles:** Soft tissues in the body that contract and relax to cause movement
- Tendons:** Cords that join muscles to bones
- Joints:** Areas where two or more bones are fitted together