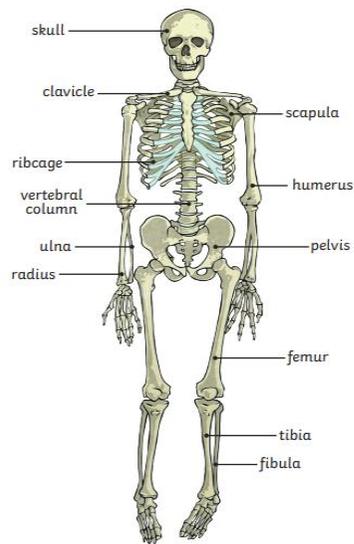


- What I should already be able to do:**
- Identify and name a variety of common animals
 - Identify and name a variety of common animals that are carnivores, herbivores and omnivores
 - Find out about and describe the basic needs of animals, including humans, for survival (water, food and air).
 - Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Important Diagrams



Eatwell plate for a balanced diet



The human skeleton

Key Vocabulary

nutrition	The goodness in food
nutrients	Substances needed to grow
skeleton	A framework of bones that provides support, protection and is part of movement.
bones	A hard, white object that is part of t
joints	Where two or more bones are fitted together
muscles	Tissue in your body that can contract and relax to cause movement
vertebrate	Having a backbone (spine)
invertebrate	Not having a backbone (spine)
exoskeleton	Having a skeleton outside the body for protection
support	<i>To support</i> (verb) To hold something up
protection	<i>To protect</i> (verb) To keep something safe
movement	<i>To move</i> (verb) To change something's position
diet	The food we eat
balanced diet	Ensuring we get the right amount of each food type
carbohydrate	Foods that give us energy like pasta, potatoes, rice, cereals
protein	Foods that help us grow like fish, meat, nuts, lentils
dairy	Foods made from milk that help our bones and teeth stay strong
vitamins & minerals	The goodness from fruit and vegetables
fats	Foods containing high levels of fat. These are treat foods

Scientific Knowledge and Conceptual Understanding

- Animals, including humans, need the right types and amount of nutrition, and they get nutrition from what they eat
- Humans and some other animals have skeletons and muscles for support, protection and movement

