

Key Concepts

Staying healthy - Year 4 understanding

Animals get their nutrient from the food they eat. Different foods contain different types and amounts of nutrient. Animals need to eat the right combinations of foods to stay healthy. The food we eat travels through our digestive system. The nutrients from the food are absorbed from the digestive system.

Year 6 understanding

The nutrients from the food are absorbed through the digestive system (intestines) and into our blood stream for use in the rest of the body. Our heart needs to stay healthy is order to pump our blood through our bodies. Eating too much unhealthy food, taking certain drugs (or drugs in excess) and not getting enough exercise can stop our bodies from working properly and even contribute towards illnesses.

Crucial Skills (Working Scientifically Skills)















