

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

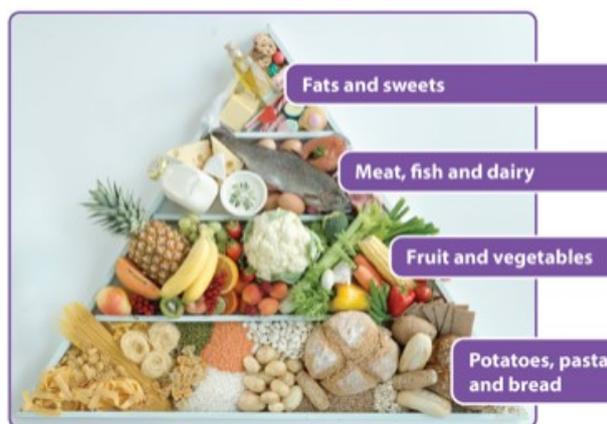
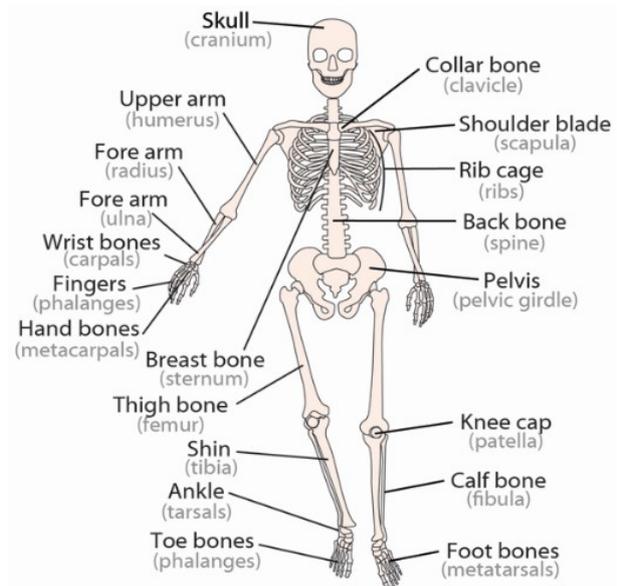
| | |
|------------------------------|---------------------------------------------------------------|
| Nutrition | Food and nourishment needed to health and |
| Carbohydrates | Foods that produce a quick release of energy |
| Fats | Foods that produce a slow release of energy and keep you warm |
| 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.

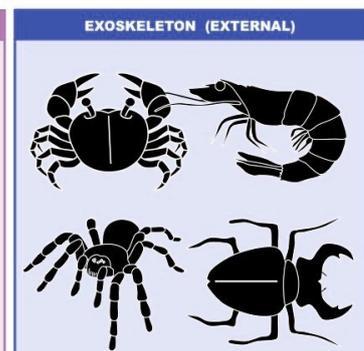
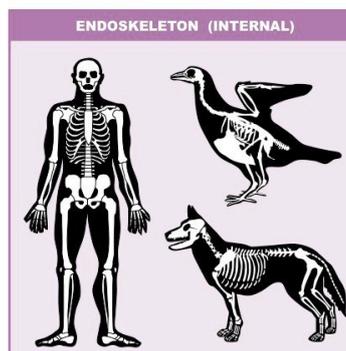
Why do animals, including humans, have skeletons and muscles?



Investigate

Can you group animals from your garden based on their skeleton?

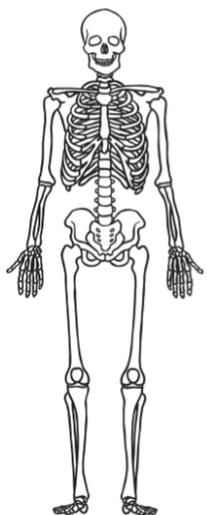
Draw your dinner plate. Can you label the different parts of the food pyramid within your dinner?



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 | | |