

## What have I previously learned?

Year 1 - Identify and name a variety of common animals including fish, amphibians, reptiles, birds and mammals.

Identify and name a variety of common animals that are carnivores, herbivores and omnivores.

Describe and compare the structure of a variety of common animals (fish, amphibians, reptiles, birds and mammals, including pets).

Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

Year 2 - Notice that animals, including humans, have offspring which grow into adults.

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.

## Sticky Knowledge

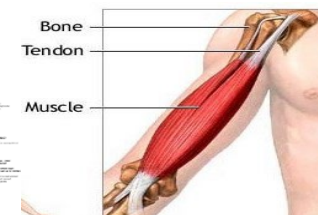
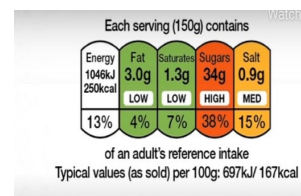
Animals, unlike plants which can make their own food, need to eat in order to get the nutrients they need.

Food contains a range of different nutrients – carbohydrates (including sugars), protein, vitamins, minerals, fats, sugars, water – and fibre that are needed by the body to stay healthy.

A piece of food will often provide a range of nutrients.

Humans, and some other animals, have skeletons and muscles which help them move and provide protection and support.

## Prompts to help me in my learning



## Vocabulary – Goldilocks words

| Word          | Definition                                                                                                                                                                                                                                         |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Nutrition     | Nutrients are <b>substances found in food that carry out certain jobs in the body</b> . We need different nutrients to keep us healthy.                                                                                                            |
| Muscles       | <b>Skeletal Muscles</b> : Attached to bones by tough cords called <b>tendons</b> . These are <b>voluntary muscles</b>                                                                                                                              |
| Tendons       | Tendons are tough, rope-like bands of tissue that connect <b>muscles to bones</b> . They are very strong and flexible. When a muscle contracts (bunches up), it pulls on the tendon, which acts like a cable to pull the bone and create movement. |
| carbohydrates | Carbohydrates are essential nutrients and the body's primary source of energy. Found in most foods, they provide the fuel needed for everyday activities, studying, and playing sports.                                                            |
| vitamins      | Vitamins are tiny, powerful nutrients your body needs in small amounts to stay healthy, grow properly, and fight off illnesses.                                                                                                                    |
| minerals      | Essential nutrients that our bodies need in small amounts to stay healthy and function properly.                                                                                                                                                   |

## Useful links

[Cooking and nutrition - Year 5/6 & P6/7 Design and Technology Topics - Home Learning with BBC Bitesize - BBC Bitesize](#)

[Front of pack label The Eatwell Guide - YouTube](#)

[Broken a bone? - Explorify](#)

[Science for kids | BREAKING BONES | Experiments for kids | Operation Ouch - YouTube](#)

[Learn the bones of the human body with the Bones Song! - YouTube](#)

[Y3 Label the skeleton - Labelled diagram \(wordwall.net\)](#)

[How do our muscles and bones work? | BBC Teach - YouTube](#)