

What do we know already:

- *Animals, including humans, have offspring which grow into adults.
- *The basic needs of animals, including humans, for survival (water, food, air).
- *The importance for humans to exercise, eat the right amounts of different types of food and hygiene.

What's next:

- *Identify that animals, including humans, need the right types and amounts of nutrition, and that they cannot make their own food; they get nutrition from what they eat.
 - *Identify that humans and some other animals have skeletons and muscles for support, protection and movement.
- In Year 4, I will learn to describe the simple functions of the basic parts of the digestive system in humans.

Vocabulary:**Tier 1**

Bones
Skeleton

Tier 2

Nutrition
Nutrients
Carbohydrates
Proteins
Vitamins and Minerals
Fibre
Muscles
Fats
Contract
Relax

Tier 3

Vertebrate - animals with spinal cords and bony or cartilaginous backbones, including all mammals, birds, reptiles, amphibians and fish.

Invertebrate -What is an invertebrate?
An invertebrate is an animal without a backbone. In fact, invertebrates don't have any bones at all!

Endoskeleton - an internal skeleton that provides support and protection to the body's organs.

Exoskeleton- an external skeleton which provide protection to the body from outside.

What types of food should we eat to stay healthy?**HEALTHY EATING**

To keep your body fit and healthy you need a balanced diet using all of the food groups.

Carbohydrates – Main source of energy for our bodies (rice, potatoes, pasta and bread).

Protein – Repairs and builds muscles, organs and immunity (fish, meat, eggs and cheese).

Sugar and Fats – Stored for energy and creates a layer of fat to keep us warm. Should not have too much of these (chocolate, sweets, butter, oil, cream).

Vitamins and Minerals – Keeps us growing and fighting infections (fruit and vegetables).

What are the functions of a skeleton?**SKELETONS & MUSCLES**

The skeleton protects our internal organs, keeps us supported and helps us move.

Skeletons move because bones are attached to muscles. When a muscle contracts (bunches up), it gets shorter and pulls up the bone it is attached to. When a muscle relaxes, it goes back to its normal size.

