

Key Vocabulary		LKS2 Science Animals, including Humans		Learning Sequence	
Key Word	Definition				
Nutrition	is the study of food and how it works in your body.			Lesson 1 Why do humans and animals need a nutritional balanced meal?	
Nutrients	The substance in food that our bodies process to enable it to function.			Lesson 2 What nutrition do humans and animals get from the food they eat?	
Carbohydrates	Bread, rice potatoes, pasta and other starchy foods			Lesson 3 Why do humans and animals have skeletons?	
Sugars	A sweet substance found in some foods.			Lesson 4 Why do humans and some animals have muscles?	
Protein	Helps repair and build your body's tissues, nails, muscles, hair			Lesson 5 How do muscles work?	
vitamins	are needed to help our bodies develop and function normally. A,C,D,E K and B.				
minerals	Help us grow. They form bones, muscles, skin and organs and fight infections.				
fibre	Is the part of plant food which is not broken down completely by our bodies. Cereals, fruits and vegetables.	Working Scientifically Skills 			
Skeleton	Supports and protects important organs: heart, lungs, brain	Science Enquiry 			
Muscles	Help our bones move, they are connect to bones with ligaments and tendons			Assessment Enquiry: Do those with longer legs run/jump the furthest?	