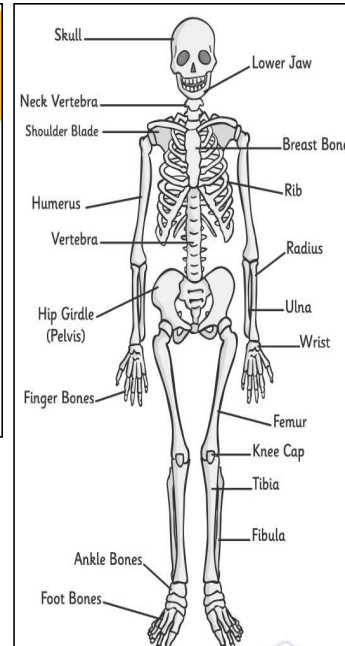
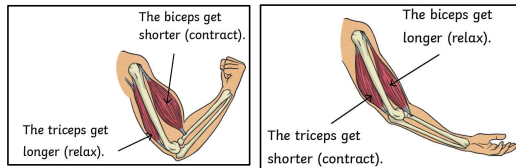
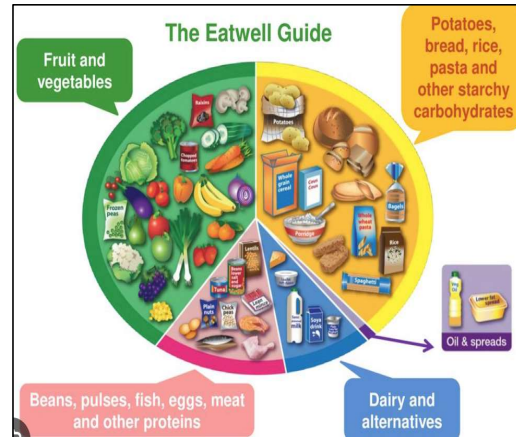


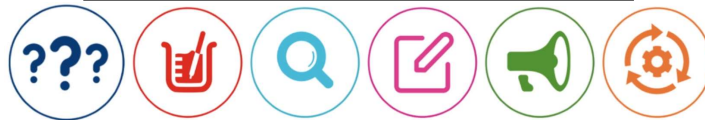
Key Vocabulary

Key Word	Definition
Nutrition	is the study of food and how it works in your body.
Nutrients	The substance in food that our bodies process to enable it to function.
Carbohydrates	Bread, rice potatoes, pasta and other starchy foods
Sugars	A sweet substance found in some foods.
Protein	Helps repair and build your body's tissues, nails, muscles, hair
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.
Skeleton	Supports and protects important organs: heart, lungs, brain
Muscles	Help our bones move, they are connect to bones with ligaments and tendons

LKS2 Science Animals, including Humans



Working Scientifically Skills



Science Enquiry



Learning Sequence

Lesson 1

Why do humans and animals need a nutritional balanced meal?

Lesson 2

What nutrition do humans and animals get from the food they eat?

Lesson 3

Why do humans and animals have skeletons?

Lesson 4

Why do humans and some animals have muscles?

Lesson 5

How do muscles work?

Lesson 6

Assessment Enquiry: Do those with longer legs run/jump the furthest?