



# Nutrition: Animals including Humans



I can compare where plants and animals get their energy from.

## Big Question

Does what you eat really help you to grow up big and strong?

What are the major food groups? Why do we need carbohydrates and which foods can they be found in? What can be a healthy source of energy to play and do exercise?

What does the human skeleton look like? What are the functions of the human skeleton? How does the skeleton (and muscle mass) protect, support and facilitate movement?

Does the human skeleton grow? Investigate lower arm bone sizes in children of different ages.

What are proteins and fats used for in the body? Which one is used to build muscles, which one is needed for healthy brain development?

What other things do we need to eat to stay healthy and where do they come from? Why are vitamins and minerals important? What is scurvy? What is meant by a balanced diet and a healthy lifestyle? How do we maintain our well-being?

What does an animal skeleton look like? What is the difference between a vertebrate and an invertebrate? How are muscles key to animals for support, and movement?

## Assessment Task

Can I make a healthy lunch which will give me all the nutrition I need to be healthy and to be able to grow? Using my friend as a living model, can I explain to the class how bones and muscles work to do simple functions like turning your head or moving your eyes?

## Key Vocabulary

I will use... Humans, food, feeding, balanced, diet, fibre, proteins, fats, vitamins, minerals, water, classify, carbohydrates, skeleton, support, protection, vertebrate, invertebrate, exoskeleton, hydrostatic skeleton, muscles, tendons, joints

## What to revisit?

Animals including humans Year1

## Vertical Threads

Health and Wellbeing