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| Vocabulary | |
| Balanced diet | Choosing foods in the right amount from each of the food groups. |
| Nutrition | Animals, including humans, get the food they need to grow and be healthy. |
| Skeleton | The human skeleton is made of bones and grows as we grow. |
| Muscles | Muscles are attached to bones by tendons and help them to move. When a muscle contracts, it gets shorter and pulls on the bone it is attached to. |
| Spine | Your spine is a strong, flexible column of ring-like bones down the middle of your back. |
| Exoskeleton | A skeleton on the outside of the body. |
| Endoskeleton | Skeletons on the inside of the body. |

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| Sticky knowledge |
| Proteins are good for growth, carbohydrates for energy and fruit and vegetables provide vitamins and minerals which help keep us healthy (e.g. calcium for healthy bones and teeth). |
| Excess of a food group can cause ill health, such as tooth decay due to excess sugar. |
| Some animals (such as insects) have an exoskeleton – a solid covering on the outside of their body. |
| Many invertebrates (such as earthworms and slugs) have water held inside by muscles which act like a skeleton. |
| Skeletons provide support for muscles and protect the body. For example, the ribcage protects the vital organs in the human body. |
| Muscles can only contract, so they must be arranged in pairs in the body so that as one contracts the other relaxes. |

The skeleton bends at joints such as knees and ankles. Joints are where two or more bones join together.

What would happen if the human body did not have joints?

Objectives

-identify that animals, including humans, need the right types and amount 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

