



FOOD AND OUR BODIES

Vocabulary

Balanced diet: a diet that has the right amount of nutrients.

Biceps: a large muscle at the front of the upper arm.

Carbohydrates: nutrients found in sugary foods such as sweets or starchy foods such as potatoes and pasta; these provide energy.

Contract: when a muscle gets shorter and pulls

Relax: when a muscle stops contracting

Exoskeleton: a skeleton that some animals have that is outside their bodies like a suit of armour.

Fats: nutrients found in foods such as butter;

these give you energy and insulate your body

femur: the long bone at the top of the leg.

Humerus: the long bone at the top of the arm.

Joint: where bones meet; there are different types of joint that can move in different ways to make the body move.

Muscle: special organs that can contract and relax.

Nutrients: useful substances found in foods

protein: nutrients found in foods such as fish,

used in your body for growth and repair.

Skeleton: supports and protects the body,

allowing movement.

Triceps: a large muscle at the back of the upper arm.

Vertebrate: animal with a spinal column or

backbone including mammals, birds,

amphibians and fish.

The biggest animal on the planet, the blue whale, eats some of the smallest, tiny shrimps, called krill. A blue whale can eat 40 million krill in a day.

We are learning to:

- find out about healthy and balanced diets
- find out about the parts of the skeleton
- compare animals with and without skeletons
- look at bones, joints and how muscles help us move.

WORKING SCIENTIFICALLY

- Gather, record, classify and present data in a variety of ways to help in answering questions.
- Record findings using simple scientific language, drawings, labelled diagrams, keys, bar graphs and tables.
- Report on findings from enquiries, including oral and written explanations, displays or presentations of results and conclusions.

OVERVIEW

Children work scientifically on a variety of quick challenges and longer tasks to learn about food and their bodies. This topic looks at where animals get food from and why it is important, and skeletons, muscles and joints.

PRIOR LEARNING

- The basic parts of the human body (Year 1).
- That animals and humans need food to survive (Year 2).
- That it is important to eat the right types of food (Year 2).

Food groups



Starchy foods



Proteins



Milk and dairy



Fruit and vegetables



Fat and sugar

LET'S THINK LIKE SCIENTISTS

- What would happen if we didn't have skeletons?
- How are animals with tough external skeletons able to move about?
- What are bones made from?
- Why do we need to drink milk to keep our bones healthy?
- What happens when you break a bone? How is it able to mend itself?

A human and a giraffe have exactly the same number of bones in their neck. A giraffe's bones are just bigger.

