Animals including humans

Key Vocabulary and Facts

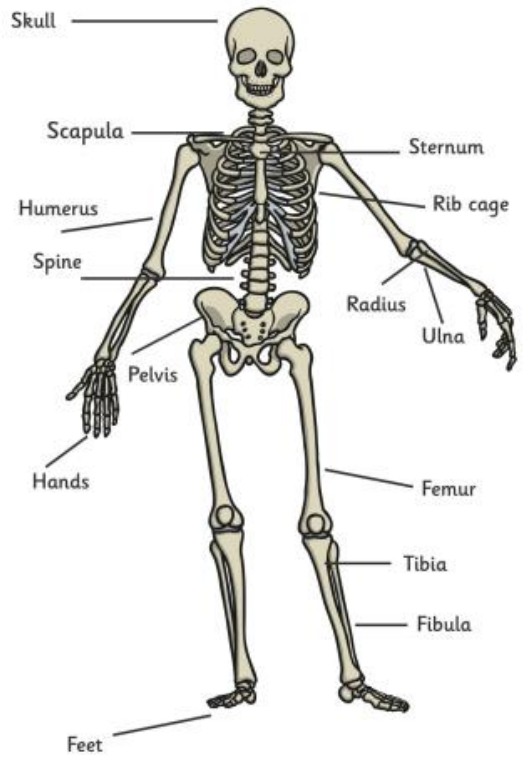
Skeletons and Muscles

Skeleton – a structure made from bone which provides a rigid frame for the body
Muscle – a soft tissue in the body that contracts and relaxes to cause movement of the skeleton
Tendons– cords that join the muscles to the bones
Joints – areas where two or more bones are connected. For example the knee or elbow
Vertebrate – an animal with a backbone or spine such as fish, amphibians, reptile, birds and mammals
Invertebrate – an animal without a backbone or spine. They have a soft body like worms or jellyfish or a hard outer casing covering their body like spiders or crabs

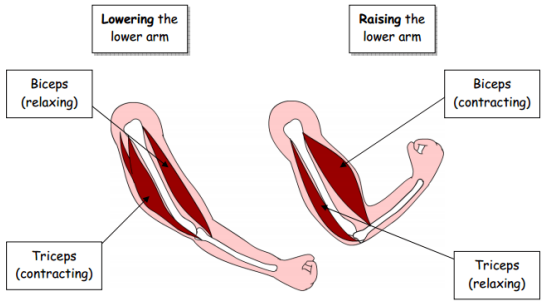
Nutrition

Basic survival needs – animals including humans need water, food and air to stay alive
Energy – created by food to keep cells in the body working
Nutrition – the process of providing or obtaining the food necessary for health and growth
Healthy – when a living thing is in good physical condition as a result of having all its basic survival needs met
Consumer – living things that obtain their energy from what they eat
Exercise – activities, such as running or jumping that keep animals including humans healthy
Diet – the foods that a human or animal habitually eat
Food – substances that provide nutrients to keep a living thing alive

The Human Skeleton



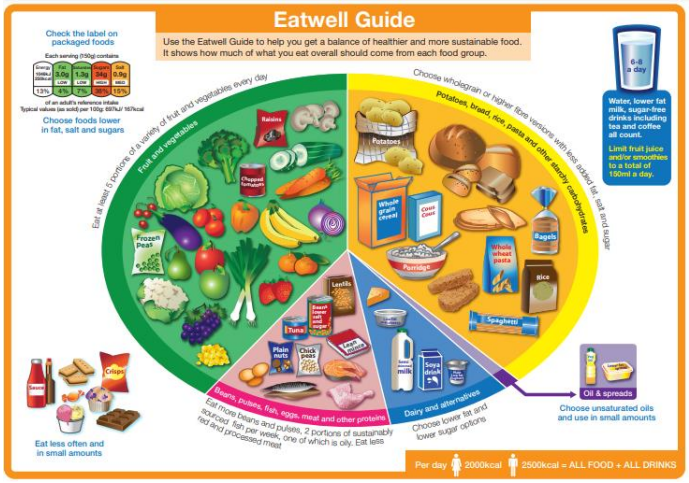
Muscles



Skeletons have three important jobs:

1. Protect organs inside the body
2. Allow movement
3. Support the body and prevent it falling to the floor.

Nutrition



Balanced diet – unlike plants, humans and animals do not make their own food, so need to eat to obtain energy. In order to be healthy we need to eat a balanced diet.
Protein – required for growth and repair of our bodies. Found in meats, poultry, fish, dairy products, eggs and beans
Carbohydrates – provide energy for the body. Found in grains, cereals, potatoes, bread, and pasta
Saturated fats – considered to be less healthy and should be eaten in small amounts
Unsaturated fats – these give us energy, vitamins and minerals
Fibre – helps with the digestion of food that has been eaten
Water – moves nutrients around your body and helps to get rid of waste

Top Take-aways

By the end of this unit pupils will know;

- that animals, including humans cannot make their own food
- that animals including humans need the right types and amount of nutrition which they get from what they eat
- that humans and some other animals have skeletons and muscles for support, protection and movement

Scientific Skills

- ask relevant questions and use different types of scientific enquiries to answer them
- 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 charts, and tables
- identify differences, similarities or changes related to simple scientific ideas and processes