



Knowledge is Power...

Ivington C of E Primary and Preschool

Reaching together



Animals including Humans

Key Vocabulary

Carbohydrate	The sugars, starches, and dietary fibre that occur in certain foods.
Energy	Strength to be able to move and grow.
Exercise	Activity like running and jumping which keeps animals, including humans, healthy.
Healthy	In a good physical and mental condition
Invertebrate	Animals without a backbone.
Joints	Areas where two or more bones are fitted together.
Muscles	Soft tissue in the body that contract and relax to cause movement.
Nutrients	Substances that living things need to stay alive and healthy.
Protein	Used to build and repair muscles and bones.
Saturated Fats	Types of fats, considered to be less healthy, that should only be eaten in small amounts.
Skeleton	A structure made from bone which provides a rigid frame for the body.
Tendons	Cords that join muscles to bones.
Unsaturated Fats	Fats that give you energy, vitamins and minerals.
Vertebrate	Animals with backbones.

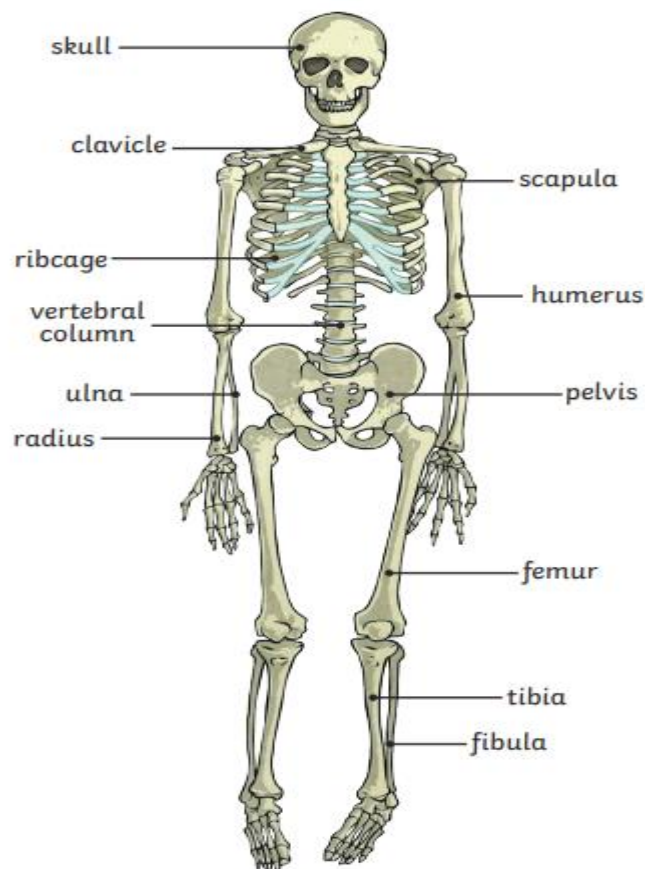


Aims of the unit

- To understand that living things need food to grow and to be strong and healthy.
- To know that plants can make their own food, but animals cannot.
- To recognise that in order to stay healthy, humans need to exercise, eat a healthy diet and be hygienic.
- To understand that animals, including humans, need food, water and air to stay alive.

Curriculum aims

- 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.



Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste