



Agape
Courage
Thankfulness

What I have learnt already

1	Animals	Animals, including humans need food, water and air to survive.
2	Food groups	Food can be split into food groups such as fruit and vegetables, carbohydrates, protein, fats, dairy and sugar

What I will learn next

1	Digestive system	Describe the simple functions of the basic parts of the digestive system in humans
2	Teeth	Learn about the different types of teeth and why they are useful to humans.

Facts I need to learn now

1	Skeletons	Humans and some other animals have skeletons and muscles for support, protection and movement.
2	Bones	Skeletons are made up of bones and cartilage.
3	Muscles	Muscles can only contract so they must be arranged in pairs so that as one contracts, the other loosens.
4	Animal Skeletons	Different animals have different types of skeleton. Vertebrates all have a skeleton with a spine (back bone).
5	Nutrition	Humans cannot make their own food and rely on getting nutrition from what they eat.
6	Food Groups	Different types of food help our bodies in different ways. For example, by giving us energy or helping us grow.
7	Balanced diet	Humans need different amounts of different food groups.

Vocabulary (Words I need to know)

skeleton	The framework of bones in the body that support and protect it.	invertebrate	An animal without a backbone.
bone	The hard parts of the body that make up the skeleton.	balanced diet	Having the right amount of each food group.
joint	Where two parts of the skeleton fit together.	nutrition	Giving your body the food it needs to grow and be healthy.
muscle	A tissue of the body that helps humans to move.	energy	Food stores the fuel that bodies need to move and grow.
vertebrate	An animal with a backbone.	food groups	Categories of foods: carbohydrates, proteins, dairy, fats, and fruits and vegetables.

