



Agape
Courage

Thankfulness

What I have learnt already

What does it mean to stay healthy?	I can describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. (Y2)
Skeletons, muscles and lifecycles	I know 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. (Y3)

What I will learn next

The Body Pump	About the impact of diet, exercise, drugs and lifestyle on the way our bodies function. (Y6)
The Body Pump	I will describe the ways in which nutrients and water are transported within animals, including humans. (Y6)

Vocabulary (Words I need to know)

 digest	Break down food so it can be used by the body.	 herbivore	An animal that eats plants.
 oesophagus	A tube that moves food from the mouth to the stomach.	 omnivore	An animal that eats meat and plants.
 stomach	An organ where food is broken down with stomach acid and churning.	 producer	An organism (like a plant) that produces its own food.
 intestines	Long tubes where nutrients and water is absorbed and waste is turned to faeces (poo).	 predator	An animal that hunts and eats other animals.
 carnivore	An animal that eats meat.	 prey	An animal that is hunted and eaten by other animals.

What I need to learn now

The mouth is part of the digestive system	Food enters the body through the mouth. The teeth start to break the food down. Saliva is added and the tongue rolls the food into a ball.
Functions of the organs	After swallowing, the food passes down the oesophagus to the stomach. In the stomach the food is broken down further by being churned around and some chemicals are added.
Functions of the organs	Food passes into the small intestine. Here nutrients are removed from the food to be used elsewhere in the body. The rest passes into the large intestine where water is removed to be used elsewhere in the body.
Functions of the organs	What is left is then stored in the rectum until it leaves the body through the anus when you go to the toilet.
Teeth	Humans have four types of teeth: incisors for cutting; canines for tearing; and molars and premolars for grinding (chewing). Different animals have different types of teeth.
Food chains	Living things can be classified as producers, predators and prey according to their place in the food chain.

