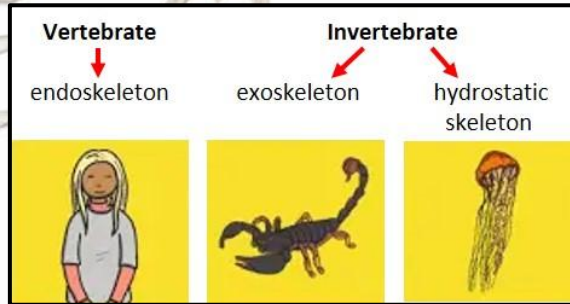
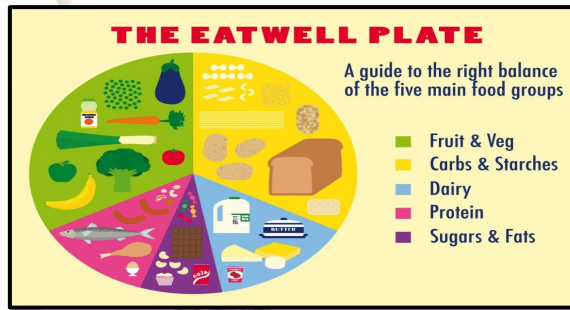


Humans and Animals

Big Question: What do humans and animals need to be healthy?

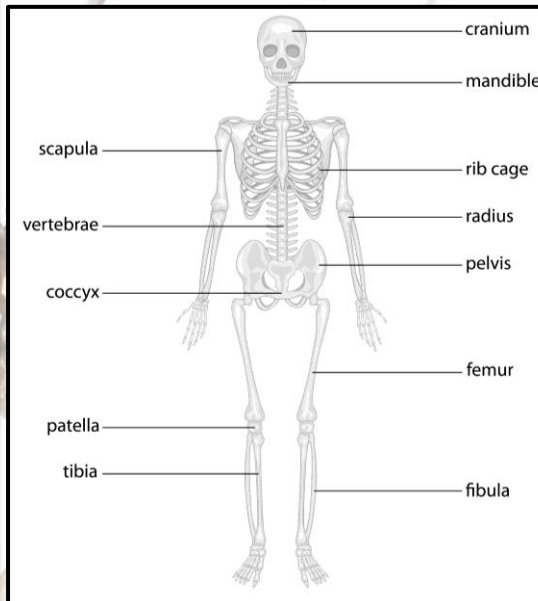
- Why is it important to be healthy?
- Why should we eat foods from all the 5 key food groups?
- Other than a balanced diet, what else does our body need to stay healthy?
- Do all animals need the same food to be healthy?
- Why should we keep our skeletons healthy?



Key Knowledge

- There are 5 key food groups.
- We need a balanced nutrition for health and growth.
- Animals, including humans, need the right types and amount of nutrition.
- Animals, including humans, can be grouped according to what they eat and that different animals need different nutrients to keep healthy.
- The bones in the human body have names.
- Animals can be sorted based on their skeletons.
- There are three main functions of skeletons; to protect, to support, to move.

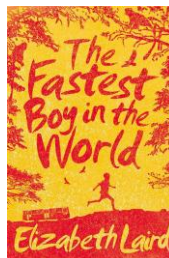
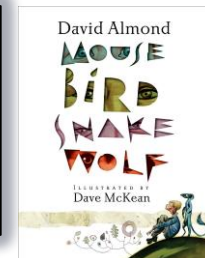
Experience:
DT Day – making healthy dips



Key Vocabulary:

nutrition	The process of getting the food necessary for health and growth.
mineral	Found in foods and help build strong bones and teeth
vitamin	Found in foods and are essential for the body's growth, repair and building immunity.
Balanced	In good proportion.
carbohydrate	A large group of foods that can be broken down to give animals energy like sugar and starch.
protein	A nutrient found in some foods that help our muscles to grow.
skeleton	An internal or external structure of bone or cartilage.
muscle	A band of fibrous tissue that can contract to produce movement.
vertebrate	An animal with a backbone.
invertebrate	An animal without a backbone.
endoskeleton	A hardened internal skeleton.
exoskeleton	A hard external skeleton or framework.
hydrostatic	A kind of skeleton made up of soft tissue filled with a fluid or gel-like substance.

Text: Mouse
Bird Snake
Wolf
The Fastest Boy
in the World





Protects internal organs



Facilitates movement



Supports the body

Vertebrate



endoskeleton



Invertebrate



exoskeleton



hydrostatic
skeleton



THE EATWELL PLATE

A guide to the right balance of the five main food groups



-  Fruit & Veg
-  Carbs & Starches
-  Dairy
-  Protein
-  Sugars & Fats

