



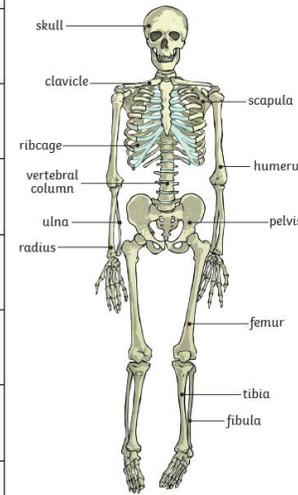
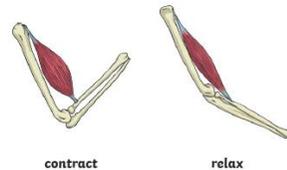
# Lacock Primary School – Year 2/3/4 Beech Class. Animals including humans (Science)



## Important Vocabulary

Healthy	In a good physical and mental condition
Nutrients	Substances that living things need to stay alive and healthy
Energy	Strength to be able to grow and move
Saturated fats	Types of fat, considered to be less healthy, that should only be eaten in small amounts.
Unsaturated fats	Fats that give you energy, vitamins and minerals
Vertebrate	Animals with backbones
Invertebrate	Animals without backbones
Muscles	Soft tissues in the body that contract and relax to cause movement
Tendons	Cords that join muscles to bones
Joints	Areas where two or more bones are fitted together

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



## Key Skills

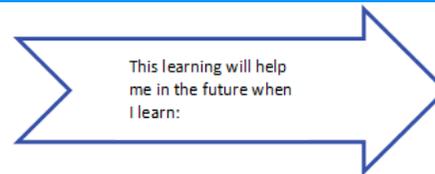
- To sort food into food groups and find out about nutrients that different foods provide.
- To explore the nutritional values of different food by gathering information from food labels.
- To sort animals into groups, discussing patterns and similarities and differences.
- To investigate an idea about how the human skeleton supports movement.
- To explain how bones and muscles work together to create movements.
- To design and carry out my own investigation

## Key Knowledge/Facts

- Living things need food to grow and to be strong and healthy.
- Plants can make their own food, but animals cannot.
- To stay healthy, humans need to exercise, eat a healthy diet and by hygienic
- Animals, including humans, need food, water and air to stay alive
- Skeletons do three important jobs: protect organs inside the body, allow movement, support the body and stop it from falling on the floor
- Skeletal muscles work in pairs to move the bones they are attached to by taking it in turns to contract (get shorter) and relax (get longer)

### What I should already know:

Naming some parts of the body (Year 1) Groups of animals – mammals/birds/fish/reptiles/amphibians (Year 1) Healthy eating and food groups (Year 2)



Digestive system and its function (Year 4)  
Types and functions of teeth (Year 4) Food chains (Year 4) Human timeline (Year 5)  
Growth of babies (Year 5) Gestation periods (Year 5) Puberty (Year 5) The heart (Year 6) Blood (Year 6) Drugs and alcohol (Year 6)

