

In science we are learning about...

Nutrition, Skeletons and Muscles

Key Vocabulary

- **Nutrients** - substances found in food that keep animals healthy e.g. vitamins
- **Energy** - the strength and vitality needed for physical movement
- **Healthy** - in good physical condition
- **Saturated Fats** - less healthy fats that should be eaten in small amounts
- **Unsaturated Fats** - healthier fats that give animals energy vitamins and minerals
- **Muscles** - a band of tissue in an animal's body that can contract and allow it to move
- **Tendons** - a cord of strong, flexible tissue that is similar to rope
- **Joints** - a part of the body where two or more bones meet
- **Endoskeleton** - bones that grow inside the body and are permanent
- **Exoskeleton** - hard material outside the body and gets replaced as the animal grows
- **Hydrostatic Skeleton** - animals without bones or hard structures e.g. worms



Sticky Knowledge

- Food contains different nutrients that keep animals healthy and give them energy (vitamins, minerals, protein, fats, fibre, carbohydrates and water)
- Carnivores eat meat, herbivores eat plants and omnivores eat both
- Vertebrates (animals with a spine) have endoskeletons, and invertebrates (animals without a spine) have exoskeletons or hydrostatic skeletons
- Our skeleton protects our organs, holds our body up and allows us to move
- Voluntary muscles move when we want them to and involuntary ones move without us knowing



Scientific enquiry



Links to Previous Learning

- Identify and name a variety of common animals that are carnivores, herbivores and omnivores (Y1)
- Describe and compare the structure of a variety of common animals e.g. fish, birds and mammals (Y1)
- Identify, name, draw and label the basic parts of the human body (Y1)
- Describe how animals obtain their food from plants and other animals, using the idea of a simple food chain and identify and name different sources of food (Y2)
- Find out and describe the basic needs of animals for survival: water, food and air (Y2)



Aspirations

- Doctor
- Nutritionist



Characteristics needed for this topic:

- Making links
- Curiosity

