

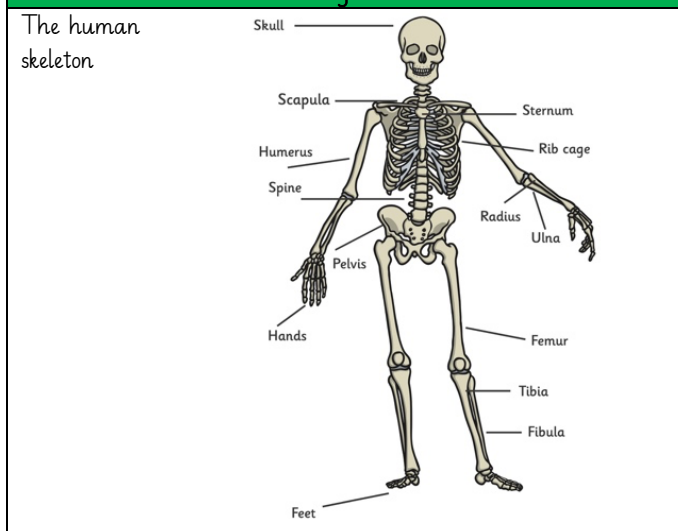


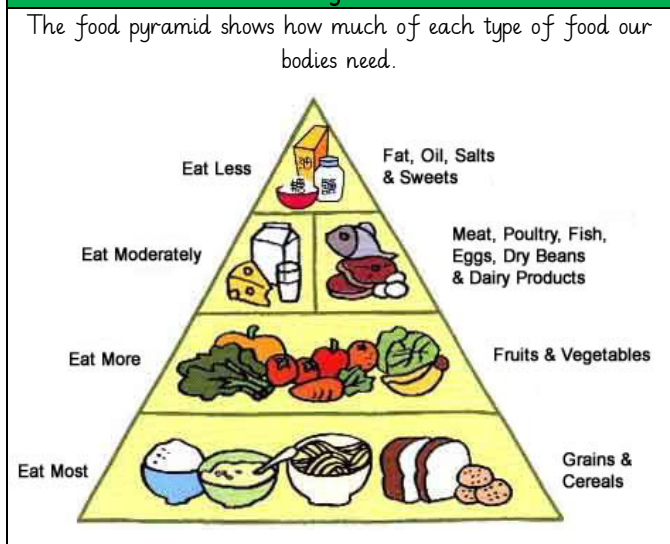
Key Knowledge

How can humans and other animals be grouped by what they eat?	Animals can be grouped by what they eat: Carnivores: eat only meat Herbivores: eat only plants Omnivores: eat both plants and meat
What is the function of a skeleton?	Our skeleton is needed for support for the body, to protect our internal organs and help us move.
What form can skeletons take?	There are three types of skeletons <ul style="list-style-type: none"> • endoskeleton (internal) humans • exoskeleton (outside) crabs  • hydrostatic skeleton (water pressure) worms. 
How can I move my arm?	muscles work in pairs to allow movement and maintain posture

Diagram



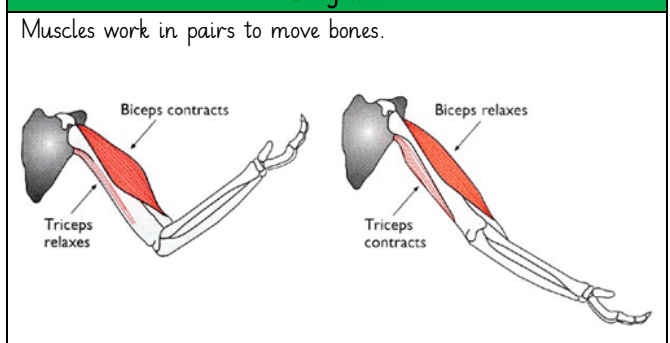
Diagram



For a healthy diet, I need ...

Nutrient	Found in	What they do
Carbohydrate	Bread, pasta, rice, potato	Provides energy
Protein	Meat, fish, dairy, nuts, pulses	Helps growth and repair
Fibre	Whole grain cereal and bread, pulses, fruit	Helps you digest the food
Fats	Oil, butter, nuts	Provides energy
Vitamins	Vegetables and fruit	Keeps you healthy
Minerals	Vegetables and fruit	Keeps you healthy
Water	Drinks, fruit, vegetables and other foods	Moves nutrients around the body and helps you get rid of waste.

Diagram



Investigation

Sort animals according to what they eat.
How much sugar is hidden in our foods?
How much fruit and vegetables do I eat a day?

Key Vocabulary

Nutrition	Food necessary to stay healthy
Diet	What you eat and drink
Food chain	The order in which organisms, or living things, depend on each other for food .
Carnivore	An animal that eats meat
Herbivore	An animal that eats plants
Omnivore	An animal that eats both meat and plants
Bones	Hard internal structures that provide shape, support and protection for an organism and assist with movement.
Muscles	Tissue that contracts or relaxes to enable movement.
Endoskeleton	A structure that supports an animal from the inside, e.g., rabbit
Exoskeleton	A structure that supports an animal from the outside, e.g., grasshoppers
Hydrostatic skeleton	A skeleton that contains no rigid, hard structures or bones for support, but rather relies on a fluid-filled cavity surrounded by muscles, e.g., starfish