

Science – Food and our bodies – Autumn Term 2

Prior Knowledge

- Herbivores, omnivores and carnivores.
- The structure of common animals.
- An overview of the human skeleton.
- Muscles help our bodies to move.

Key Vocabulary

Nutrients	A substance found in food that a living thing needs for growth, energy, and to maintain life.
Protein	Protein is a type of food that acts like a building material for your body, helping you grow and stay strong.
Fats	Fats give your body energy to work, builds cells and protects organs.
Carbohydrates	Carbohydrates (carbs) are one of the main types of food your body needs for energy.
Skeleton	A skeleton is the framework of bones that supports and shapes the body, protects the inside organs, and helps us move.
Muscle	Muscles are special, flexible tissues made of cells that help the body move, stand tall, and protect bones and organs.
Contract	Contraction is when a muscle gets shorter and tighter.
Relax	Muscle relaxation is when your muscles get soft and loose.

Core Knowledge

- **Animals (including humans) can't make their own food. Instead, they have to get their food by eating plants or other animals.**
- **Carnivores - only eat meat**
- **Herbivores - only eat plants**
- **Omnivores - eat both plants and animals**
- **A balanced diet contains the correct amount of all food groups. The five main food groups are: fruit and vegetables, carbohydrates, protein, dairy and fats and sugars.**
- **Too much sugar can lead to extra calories which can lead to extra fat build up. This can lead to heart disease, tooth decay and/or type 2 diabetes.**
- **We need a skeleton to help our body stand up, stay in shape, protect our organs and we would not be able to move properly without it!**
- **An endoskeleton is a skeleton inside the body, like humans have. It helps us stand up and move.**
- **An exoskeleton is a hard shell on the outside of an animal's body, like a crab or beetle. It protects them and helps them keep their shape.**
- **A hydrostatic skeleton is when an animal's body is filled with fluid that helps it move, like a worm or jellyfish.**
- **A vertebrate is an animal that has a backbone, like a dog, bird, or fish.**
- **An invertebrate is an animal that does not have a backbone, like a spider, snail, or worm.**
- **Muscles are made up of thousands of stretchy fibres, or threads, which can do an amazing job of helping people to move, stay fit and keep healthy.**

Diagrams

