

Animals including humans

Recap:

- We need food, water and air to survive
- To support our diet, we must also exercise everyday (going for walks, taking part in sports, etc.)
- Exercise supports the growth of our muscles and bones

Crucial Knowledge:

1. Nutrients are substances that animals need to stay healthy and grow
2. A diet is what you eat
3. Humans need a range of foods from different food groups for a healthy balanced diet (Protein, carbohydrates, fats, fruit and vegetables, and sugars).
4. Proteins include meat and beans
5. Carbohydrates include bread and potatoes
6. Fats include nuts and cheese
7. A skeleton is there for support and protection
8. Muscles help with movement

Extended Knowledge:

1. Animals, including humans need the right amount of nutrients to grow, to be strong and to be healthy.
2. Animals cannot make their own food; they get nutrients from what they eat.
3. Humans and some other animals have skeletons (vertebrates) and muscles for support, protection and movement.
4. Joints are where bones meet - they allow our bodies to move.
5. Muscles contract and relax.

