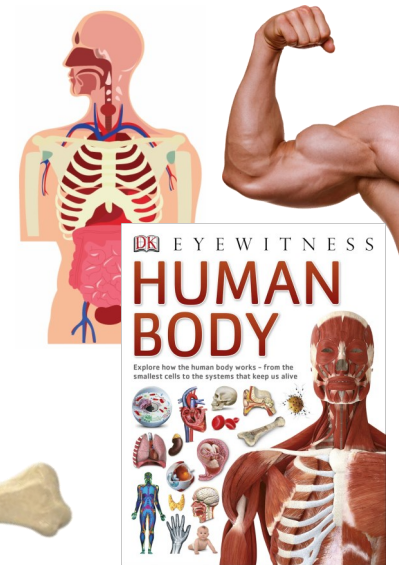
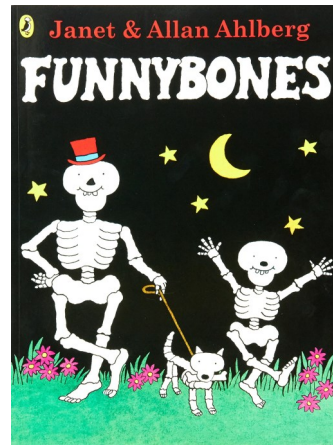


Subject Specific Vocabulary

nutrition	involves drinking enough water and eating the right amount of items from the four main food groups.
vitamin	vitamin found in foods and are essential for the body's growth, repair and building immunity
mineral	found in foods and help build strong bones and teeth
balanced	in good proportion
radius	one of the bones found in the lower arm
skeleton	The human skeleton is made of bone and grows as we grow. Our skull protects our brain and our ribs protect our heart and lungs.
muscles	muscles are used to move our limbs and are attached to the bones by tendons. They contract and relax and always work in pairs.
endoskeleton	animals with skeletons inside their body
exoskeleton	animals with skeletons outside their body
rib cage	the structure of bones protecting the lungs and heart
tibia	one of the bones in the lower leg
hamstrings	muscles that run down the back of the leg
spine	also known as the backbone, your spine is a strong, flexible column of ring-like bones that runs from your skull to your pelvis.

Skeletons, Muscles and Diet!



By the end of this topic I will explore...

- ◆ How do humans get the nutrition they need?
- ◆ What is a balanced diet and why is it important?
- ◆ What is a skeleton and are all animals' skeletons the same?
- ◆ What are muscles and how do they work?
- ◆ How are muscles and skeletons used for support, protection and movement?

What do I already know?

KS1:

In Year 1: Basic parts of the human body - body, limb, joint, skeleton, head.

In Year 2: Growth, eating the right foods - carbohydrate, calcium, protein, dairy, vitamins, nutrients, balanced diet, processed food, fresh food.

Links to the National Curriculum and Progression:

See our Working Scientifically Maps for the skills we develop!

National Curriculum - Science - KS2

- ◆ identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- ◆ identify that humans and some other animals have skeletons and muscles for support, protection and movement.