

# Science • Animals Including Humans



## Crucial Knowledge

- Animals need to eat in order to get the nutrients they need.
- Food contains a range of different nutrients that are needed by the body to stay healthy – carbohydrates including sugars, protein, vitamins, minerals, fibre, fat, sugars, water.
- A piece of food will often provide a range of nutrients.
- Humans and some other animals have skeletons and muscles which help them move and provide protection and support.



## Key Vocabulary

**nutrition:** the study of food and how it works in your body

**nutrient:** any useful substance in food that can help your body

**bone:** a piece of hard white tissue, together make up the skeleton

**skeleton:** all the bones that support and protect

**muscle:** soft tissue in the body that tighten and relax to make bodies move

**skull:** bone that protects the brain

**spine:** backbone

**joint:** area where two or more bones are fitted together.



## Important People



**Chloe Young** is a dietitian in Scotland, UK. She has a degree in Nutrition and Dietetics and works with both children and adults.

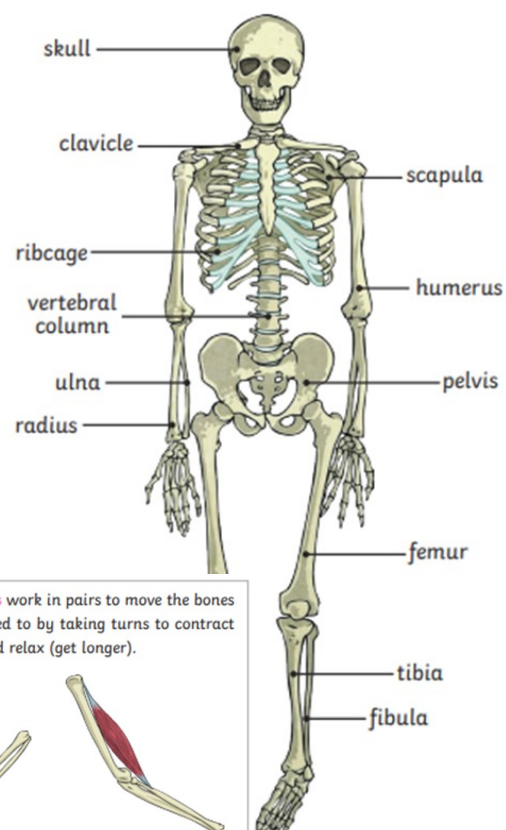


**Orthopedic doctors** specialize in bones, joints, ligaments and tendons, and muscles that support movement



## Diagrams / Images

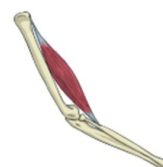
Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide <b>energy</b>
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide <b>energy</b>
vitamins		keep you <b>healthy</b>
minerals		keep you <b>healthy</b>
water		moves <b>nutrients</b> around your body and helps to get rid of waste



Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



contract



relax

## We Are Building Our Knowledge From

- Living Things and Their Habitats (Y2)

## This will help when we learn about

- Animals Including Humans (Y4)