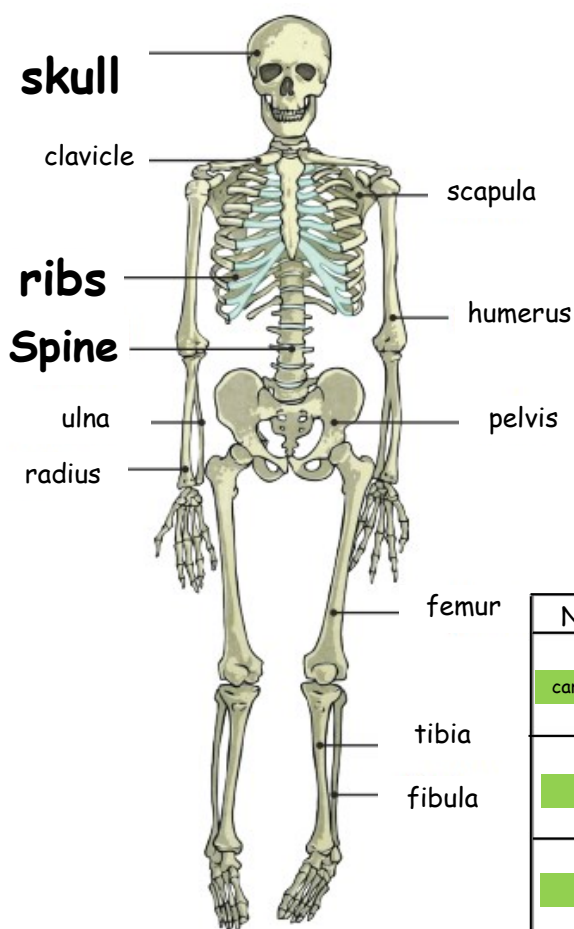


Year 3:

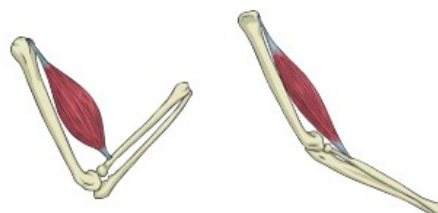
Animals including Humans

Key Learning



Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.



contract

relax

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

- Living things need food to grow and to be strong and healthy.
- Plants can make their own food, but animals cannot.
- To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		Provides energy
protein		Helps growth and repair
fibre		Helps you digest the food you have eaten
fats		Provides energy
vitamins		Keeps you healthy
minerals		Keeps you healthy
water		Moves nutrients around your body and helps to get rid of waste

Sticky Vocabulary

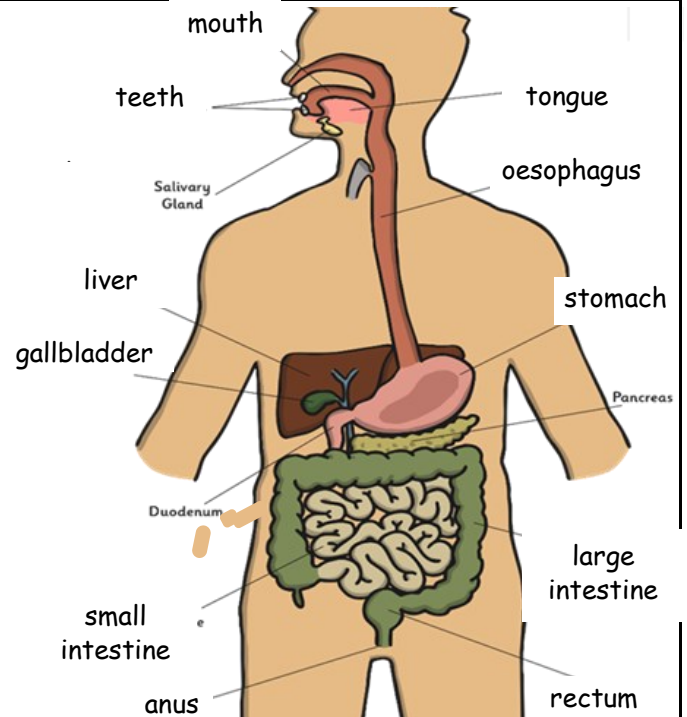
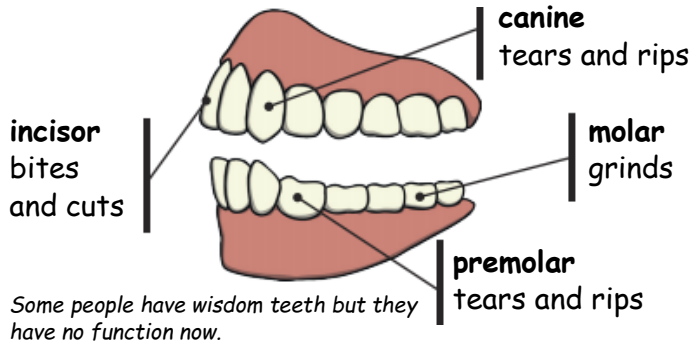
nutrition	The substances that you take into your body as food.
nutrients	A substance that is needed for healthy growth, development and body functioning.
water	Liquid that supports life.
skeleton	The frame of bones in a body.
bones	The hard pieces of the skeleton.
muscles	Soft tissues in the body that contract and relax to cause movement.
joint	Where 2 bones fit together.
support	To hold something so it does not fall down.
protect	To keep something safe.

Year 4:

Animals including Humans

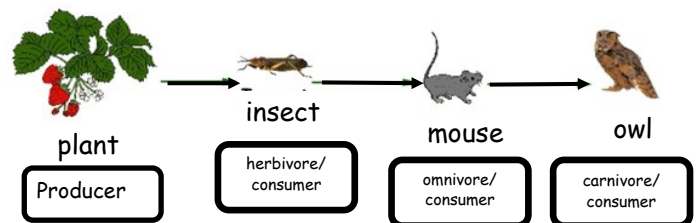
Key Learning

Human teeth and their functions



To help prevent tooth decay:

- Limit sugary food and drink
- Brush teeth twice a day using a fluoride toothpaste
- Visit your dentist regularly.



sticky Vocabulary

digestion	To break down food so it can be used by the body.
digestive system	Parts of the body used to break down food to be used by the body.
saliva	Mostly made of water, it helps you to chew, taste and swallow. It contains enzymes which help to break down the food we eat.
oesophagus	The tube in the body which takes food from the mouth to the stomach.
stomach	An organ in the digestive system where food is broken down with stomach acid and by being churned around.
intestine	A long tube which food passes through when it is digested after it leaves your stomach. Humans have a small and large intestine.
food chain	A group of animals and plants that are dependent in each other to survive.
producer	A plant that produces its own food.
predator	An animal that hunts and eats other animals.
prey	An animal that gets hunted and eaten by other animals.