

In this unit: Pupils will identify that humans need the right types and amount of nutrition and that they cannot make their own food. They will learn that they can eat food such as chocolate as part of a balanced diet. Pupils will also investigate the different muscles and bones in the body that athletes rely upon, and understand that muscles work in pairs. They will investigate how the diet of different athletes is different to that of an average human. Pupils will create a diet plan for both

Children should know:

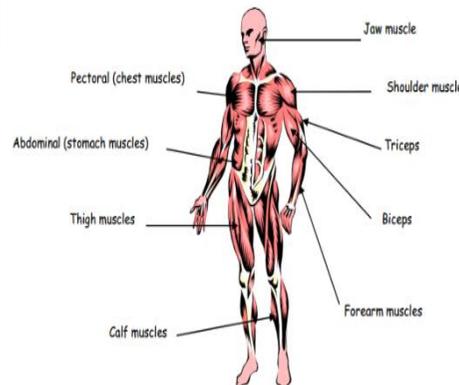
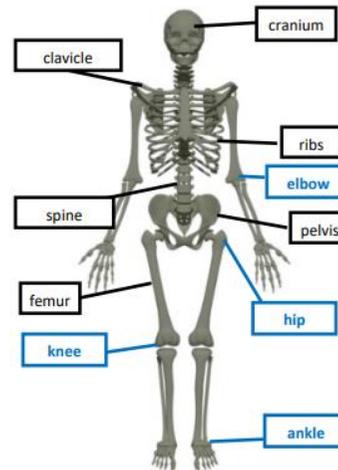
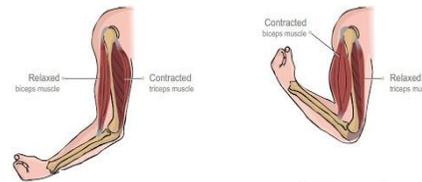
- that humans need food for survival
- that humans have to eat a varied diet to be healthy
- the names of parts of the human body and what they do
- that there are different ways in which animals can be healthy
- that all animal need water, air and food to survive

By the end of this unit, children will know:

- that there are 5 different food groups – carbohydrates, protein, fats, dairy and fruit and vegetables (vitamins and minerals)
- that they should eat 5 portions of carbohydrates, 5 portions of fruit and vegetables, 4 portions of protein, 3 portions of dairy and 1 portion of fats as part of a balanced diet.
- that there are health benefits to a balanced diet.
- that some people have different diets due to preference, allergies or intolerance.
- the different types of skeletons – endoskeletons and exoskeletons
- what an endoskeleton does
- that muscles contract and relax to make the skeleton move
- that muscles are connected to bones by tendons
- the common names of parts of the human skeleton
- the names of some common muscles in the human body
- the function of different muscles in the human body

Pupils could investigate:

- the number of calories needed by different athletes
- the recommended daily intake of the food groups of different energy bars or drinks
- ideas about what would happen if we didn't have a skeleton
- what the functions of different bones in the skeleton are
- the size of the arm when it is bent and straight
- identifying and grouping animals with and without skeletons and compare them



### Key Vocabulary

allergy	your immune systems (body's) reaction to certain foods etc
balanced diet	a variety of food that you eat regularly and which keeps you healthy
carbohydrates	a nutrient found in sugary or starchy foods such as potatoes; it is necessary for energy.
fibre	a complex carbohydrate that doesn't get broken down and absorbed. It passes undigested into your bowel.
food group	a collection of foods that share similar nutritional properties
intolerance	a difficulty in digesting a particular food. Can lead to problems within the body.
minerals	substances found in foods; each one as a specific role in keeping your body working correctly.
protein	a nutrient found in foods such as fish; it is necessary for growth and repair in the body.
vitamins	substances found in foods; each one as a specific role in keeping your body working correctly.
contract	to make smaller by getting tighter
endoskeleton	the internal skeleton of an animal particularly a vertebrate
exoskeleton	the protective structure covering the outside of the body of many animals
joint	the place where two or more bones join
ligaments	a strong cord in a human or animal body that joins two bones across a joint
muscle	something inside your body which is used to make a movement
organs	a part of the body that is used for a particular purpose and is important in keeping the human or animal alive
protect	to prevent from being damaged or harmed
relax	becomes less stiff and firm and is stretched by its partner muscle
skeleton	the bones that make up the human body
support	holds something up
tendon	a strong cord in a human or animal body that joins muscle to bone

Key Questions:

- what makes a balanced diet and why is it important?
- what is the function of the skeleton?
- what is the main job of the cranium?
- which muscle makes the arm bend?