

Important Questions

1	What are the main body parts associated with the skeleton and muscles?	
2	What are the functions of the skeleton and muscles?	
3	What are the different types of skeleton?	
4	What is the importance of nutrition?	
5	What is meant by a balanced diet?	

Key Knowledge

1	To identify and use the scientific name for the main parts of the skeleton	
2	To identify that humans and some other animals have skeletons and muscles for support, protection and movement	
3	To compare the ways that the skeletons of different animals provide support, protection and movement	
4	To identify that animals including humans need the right type and amount of nutrition	
5	To know that humans and animals cannot make their own food	

Vocabulary

1	Carbohydrates	A food group found in starchy vegetables, grains, rice, breads and cereals and sugars.	
2	Proteins	A food group found in eggs, nuts, beans, fish, meat and milk. Protein is needed for your muscles, organs and your immune system.	
3	Vitamins	Vitamins are found in the food we eat and our body needs them to work properly.	
4	Minerals	Minerals are found in our food and help us to grow, develop and stay healthy.	
5	Dairy	Foods such as milk, yoghurt and cheese that provide calcium for the body.	
6	Skeleton	All the bones in the human body together are called the skeleton. There are 206 bones. The skeleton supports and protects.	
7	Nutrition	The process by which the body turns food into energy and to support its functions.	

Key Skills

1	To be able to identify and name the main parts of the skeleton	
2	To be able to identify and categorise animals depending on the type of skeleton it has.	
3	To be able to set up a simple scientific enquiry and explain their findings (E.g. how muscles work as a pair)	
4	To be able to record findings.	
5	To be able to sort food based on its food group	

