

What are the different types of nutrients?

- Protein help your body to grow and repair itself examples include **red meat, yogurt, beans**
- Carbohydrates give you energy examples include **bread, potatoes, pasta**
- Fats give you energy examples include **nuts, oils, avocados**
- Vitamins keep your body healthy examples of foods high in vitamins include **oranges, carrots and nuts**
- Minerals keep your body healthy examples of foods high in vitamins include **milk, sweetcorn, spinach**
- Fibre helps you to digest the food that you have eaten examples of foods high in fibre include **wholegrain bread, cereals and lentils**
- Water helps to move **nutrients** in your body and get rid of waste that you don't need examples of foods high in water include **celery, cucumber, tomatoes**

Lesson sequence

1

- Know how to keep healthy through diet

2

- Design a healthy dinner for Tim Peake in space

3

- Learn about voluntary and involuntary muscles

4

- Introduction to the skeleton

5

- Know about the skeleton – tendons and ligaments

6

- Explore how skeletons and muscles are used for support, protection and movement

Knowledge Organiser Animals Including Humans – What Makes Us

Brain



The Brain is like a computer and controls our nervous system. It controls our breathing, movement and our thoughts.

Skull

- Protects brain
- Creates facial structure

Ribcage

- Protects heart and lungs
- Supports shoulder and chest muscles

Spine

- Protects spinal cord
- Balance and structure
- Enables flexible motion

Limbs

- Movement
- Handling and carrying

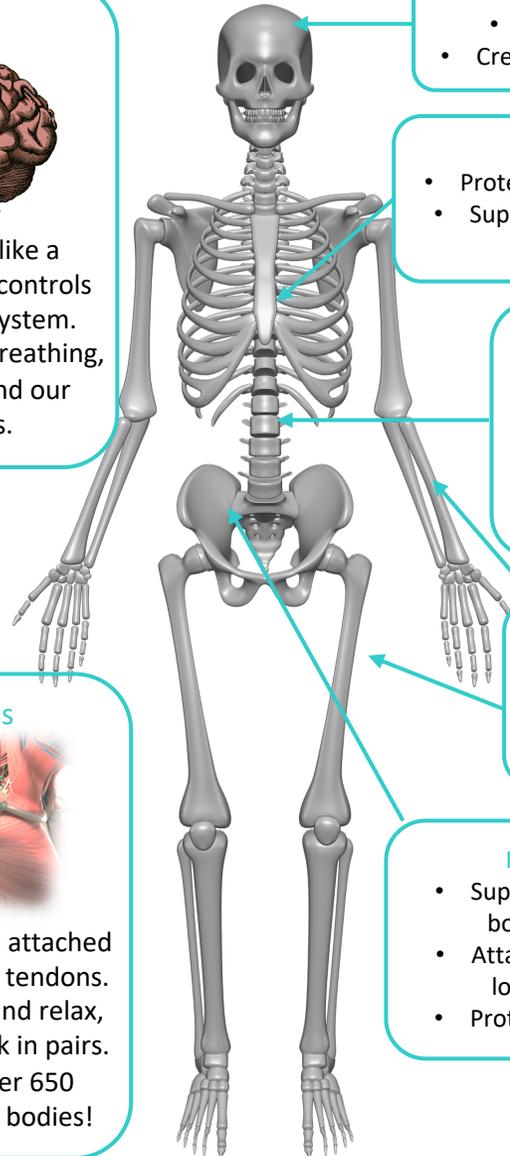
Pelvis

- Supports upper body weight
- Attachment for lower limbs
- Protects organs

Muscles



Our muscles are attached to our bones by tendons. They contract and relax, and always work in pairs. There are over 650 muscles in our bodies!



ROCKET WORDS

Learn these words and their definitions.



Key Word	Definition
skeleton	The set of bones on a human or animal, joined together to make our structure.
tendon	A tough, elastic tissue which connects the muscles and bones
involuntary muscles	Muscles not controlled by an individual's will.
voluntary muscles	Muscles whose actions are controlled by an individual's will

What are the different food types?

- Fruit and vegetables
- Bread, rice, potatoes, pasta and other **starchy** foods.
- Milk and dairy
- Oils and spreads
- Meat, fish, eggs, beans and other non-dairy sources of protein.

