

Science: Animals including Humans

Key vocabulary

nutrition	nutrition includes all the stuff that's in your food, such as vitamins, protein, fat and more
nutrients	what is in food that our body uses to help it work
vitamins	nutrients your body needs to function and fight off disease
skeleton	the hard structure that supports the body of a living thing
muscles	all movement in the body is controlled by muscles

This will help us learn about
Animals inc Humans (Year 4)

We are building our knowledge from
Animals inc Humans (Year 2)

Key knowledge

- Animals need to eat in order to get the **nutrients** they need.
- Plants can make their own food.
- 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.

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

