

**What should I already know?**

- All animals need water, air and food to survive.
- Humans can be healthy in different ways.
- Examples of healthy and unhealthy food choices.

**What will I know by the end of the unit?**

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| Where do humans get their energy from?     | <ul style="list-style-type: none"> <li>• Humans cannot make their own food like plants do – we need to eat to gain energy.</li> <li>• Eating a healthy and balanced diet help you stay physically healthy.</li> </ul>  |
| What are the different food types?         | <ul style="list-style-type: none"> <li>• Fruit and vegetables</li> <li>• Bread, rice, potatoes, pasta and other starchy foods.</li> <li>• Milk and dairy.</li> <li>• Oils and spreads.</li> <li>• Meat, fish, eggs, beans and other non-dairy sources of protein.</li> </ul>   |
| What are the different types of nutrients? | <ul style="list-style-type: none"> <li>• Protein: help your body to repair itself e.g. red meat, beans and fish</li> <li>• Carbohydrates: give you energy e.g. bread, pasta, potatoes</li> <li>• Fibre: helps you digest food e.g. cereals and wholegrain bread</li> <li>• Fats: give you energy e.g. nuts, oil, avocado</li> <li>• Vitamins: keep your body healthy e.g. oranges, carrots and nuts</li> </ul> |
| Why do we have muscles and skeletons?      | <ul style="list-style-type: none"> <li>• Humans and some other animals have skeletons and muscles.</li> <li>• They give the body support, protection and movement.</li> <li>• Without a skeleton, we would be floppy and unable to move.</li> </ul>  |

**Vocabulary**

balanced diet	eating a variety of foods in order to stay healthy
diet	the type and range of foods that you regularly eat
energy	the ability and strength to do things physically
healthy	well and not suffering from any illness
movement	being able to change position
muscles	cells that the body uses to produce movement
nutrients	substances that help plants and animals to grow
nutrition	taking nutrients into the body
protection	to take care of something
skeleton	the bones in the body
support	to keep something strong

**Data Handling**

Gather data on animals with and without skeletons. Present data in a table and using a bar chart.

