

Animals including Humans

Prior Knowledge

In the infants we learned about:

- Our five senses; smell, taste, touch, hear, see.
- Animals and humans have offspring, which grow into adults.
- The five different animal groups: mammals, fish, amphibians, reptiles, birds.
- Carnivores: eat meat, herbivores: eat plants and omnivores: eat both.

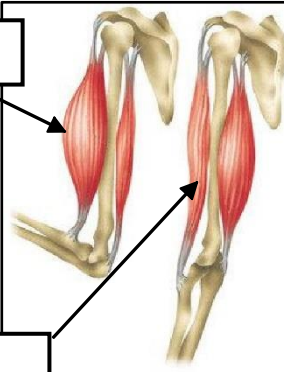


Muscles

Skeletons move because bones are attached to muscles. When a muscle contracts (bunches up) it gets shorter and so pulls up the bone it is attached to. When a muscle relaxes, it goes back to its normal size.

contracted

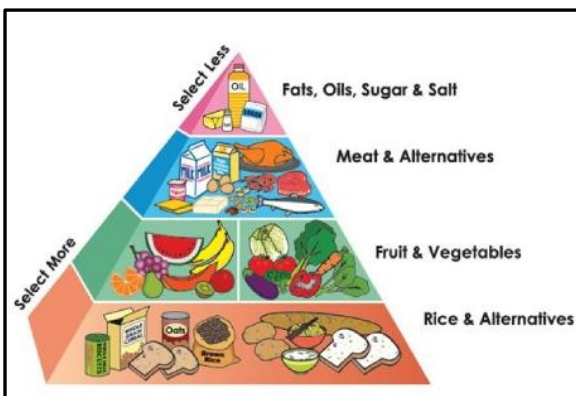
relaxed



Healthy Eating

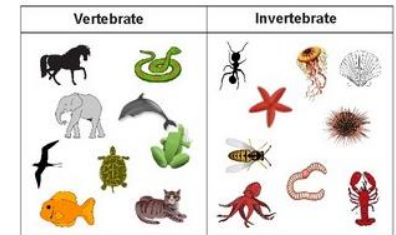
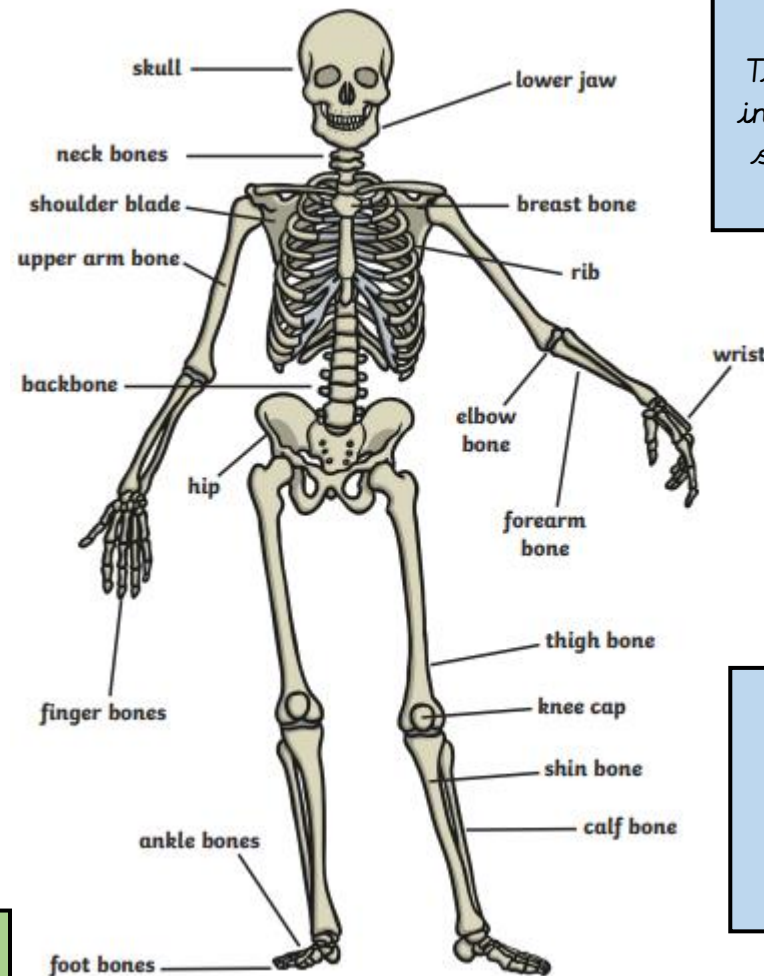
To keep your body fit and healthy you need a balanced diet using all of the food groups.

Carbohydrates, protein, sugar and fats and vitamins and minerals.



The Skeleton

The skeleton protects our internal organs, keeps us supported and helps us move.



Invertebrates: a cold-blooded animal with no backbone.
Vertebrate: animals that have an internal backbone.

Carbohydrates: main source of energy for our bodies (rice, potatoes, pasta and bread).

Protein: repairs and builds muscles, organs, and immunity (fish, meat, eggs and dairy products)

Sugar and fats: stored for energy and creates a layer of fat to keep us warm. We should not have too much of these (cake and sweets).

Vitamins and minerals: Keeps us growing and fighting infections.