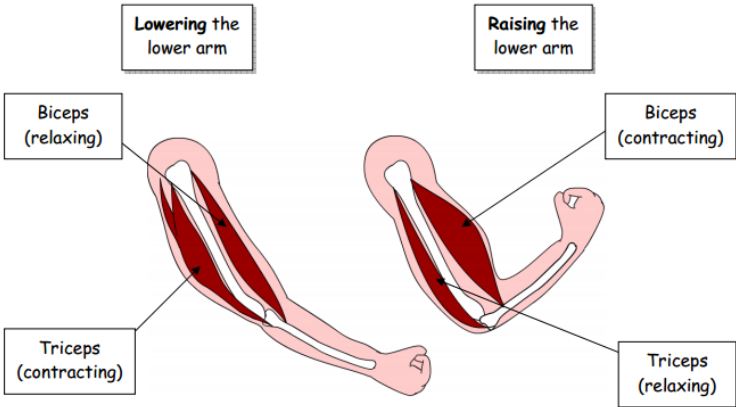
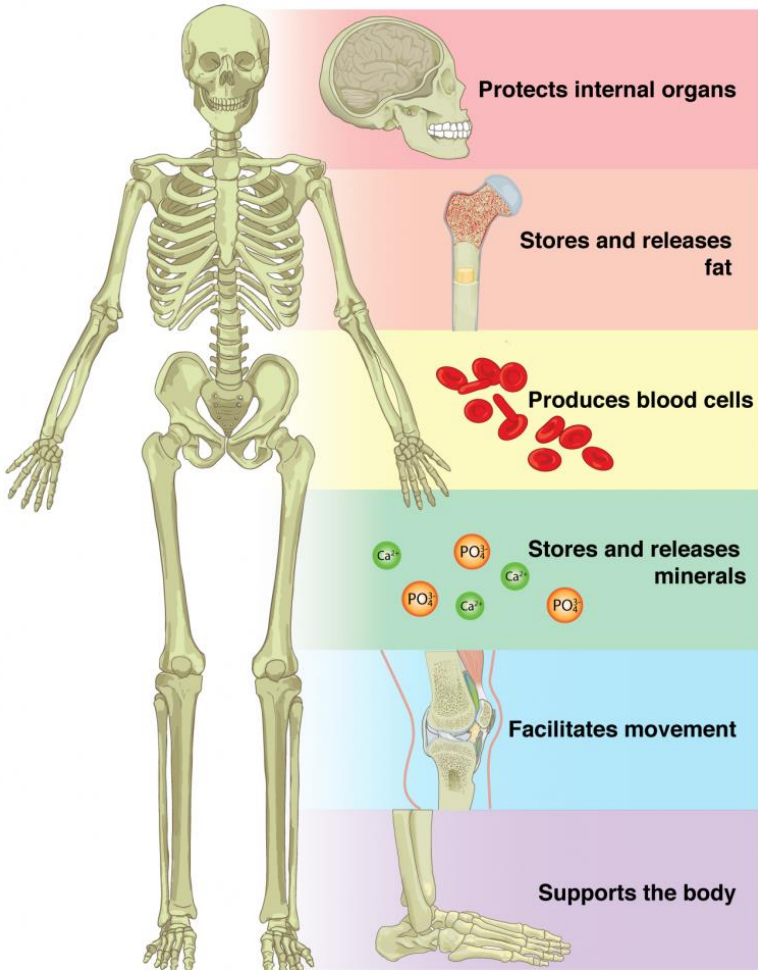
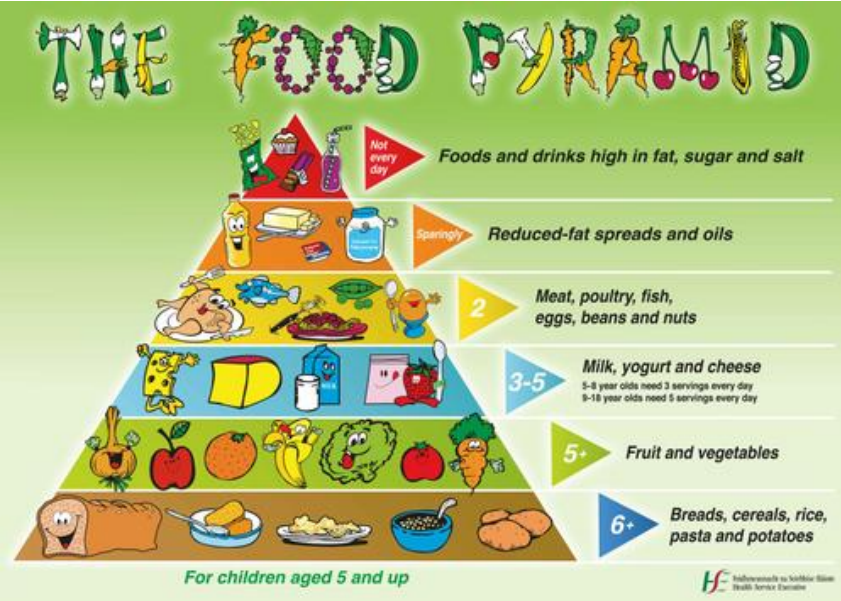
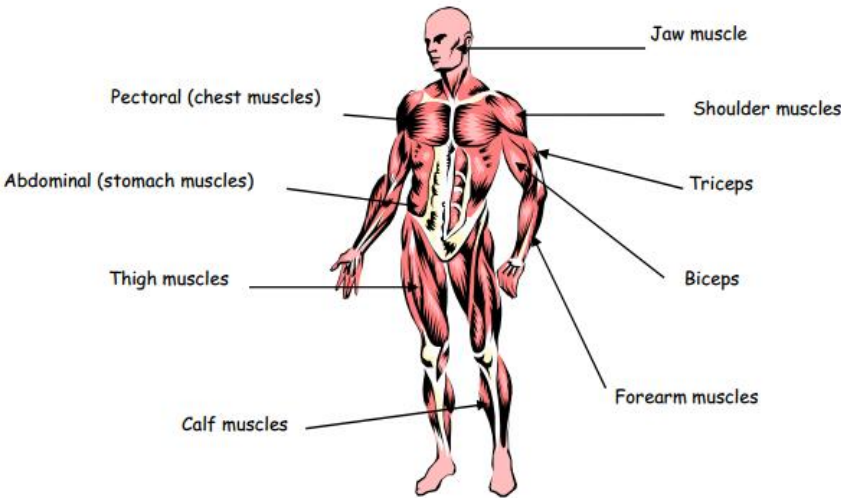


By the end of the unit, pupils will be able to answer...

- How do humans get nutrition?
- Why is the skeleton important?
- What is the purpose of muscles?

Vocabulary	Definition
carbohydrates	a food type that gives us most of our energy
fats	a food type that the body uses as a fuel source – but must be eaten sensibly
fibre	a part of some foods that helps with digestion
minerals	a part of food that helps your body grow, develop and stay healthy
muscles	a type of soft, elastic tissue that allows movement by contracting and relaxing
nutrients	a substance that is needed for healthy growth, development and functioning
proteins	a food type that builds, maintains and replaces tissue in our bodies
skeleton	a structure of bones that supports the body of a person or animal
tissue	a part of the body that is made up of similar cells
vitamins	a part of food that helps your body grow, develop and stay healthy

Some of the body's main muscle groups



Investigate!

- Group animals based on whether they have a skeleton or not.
- Classify foods in different ways.
- Use plasticine to show the need for warming-up muscles.
- Test relationships in the body – does wing span = height?
- Plan a daily diet that contains a good balance of nutrients.

- Explore the nutrients contained in fast food.
- Research parts and functions of the skeleton.
- Investigate pattern questions – Can people with longer legs run faster? Can people with bigger hands catch a ball easier?
- Compare, contrast and classify skeletons of different animals.

Each grilled burger (94g) contains

Energy	Fat	Saturates	Sugars	Salt
924kJ 220 kcal	13g	5.9g	0.8g	0.7g
11%	19%	30%	<1%	12%

of an adult's reference intake
Typical values (as sold) per 100g: Energy 966kJ / 230kcal