

FOOD AND OUR BODIES

Core Learning of This Unit

- Animals get their food by eating plants or other animals.
- Food can be divided into various groups: fruit and vegetables (**vitamins**); **carbohydrates** (starchy foods); **milk and dairy**; eggs and meat (**protein**); **fat** and **sugar**.
- The **skeleton** is a strong, rigid structure inside our bodies made of bone.
- **Ribs** form a protective structure around our heart and lungs, and the **skull** protects our brains.
- **Joints** are the places where bones meet, allowing the skeleton to move.

Food Group	Function
Fruit and Vegetables	Helps our bodies work properly
Proteins	Helps you body grow and repair itself
Fats and Oils	Acts as an energy store
Carbohydrates	Gives you energy

Prior Learning & Curriculum Links



Prior learning

- From Year 2: animals and humans need food to survive. It is important to eat the right types of food.

Curriculum Links

- Geography: food journeys.
- History: Foods introduced by settlers, for example the Romans.
- Eco/PSHCE Links: Article 24: You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment and information to help you stay well.

Working Scientifically

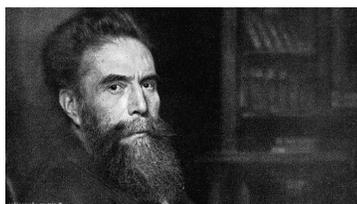


- Children identify how different food groups make up a balanced diet.
- Children compare the diets of different animals.
- Children record findings using simple scientific language.
- Children identify and classify animals with and without skeletons.
- Children make systematic and careful observations to explore how joints help the body movement.

Vocabulary



- **Nutrients:** Useful substances found in foods.
- **Protein:** Nutrients found in foods such as fish, necessary for body's growth and repair.
- **Fats:** Nutrients found in foods such as butter that give you energy.
- **A balanced diet:** A diet that has the right amount and combination of nutrients.
- **Carbohydrates:** Nutrients found in sugary foods or starchy foods such as potatoes, used for energy.
- **Skeleton:** The bones in our body that supports and protects the body, allowing us to move.
- **Exoskeleton:** A skeleton outside the body e.g. insects.
- **Femur:** The long bone at the top of our legs.
- **Humerus:** The long bone at the top of our arms.
- **Contract:** When a muscle gets shorter and pulls.
- **Relax:** When a muscle stops contracting.
- **Muscle:** Special organs which can contract and make our bodies move.
- **Joint:** Where bones meet. There are different types of joint that can move in different ways. e.g. elbow, knee.



Significant People

Wilhelm Conrad Roentgen is a German professor of physics. He was the first person to discover electromagnetic radiation in a wavelength range commonly known as X-rays today.