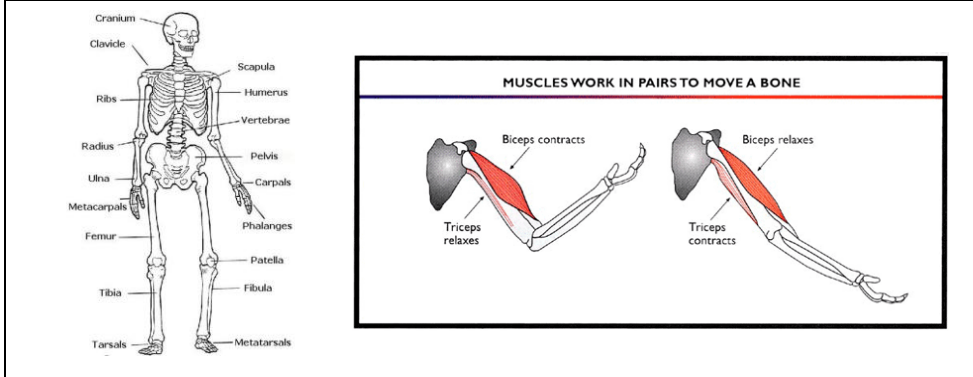


## Year 4/5 Science: Animals including humans



### Why are we learning about 'Animals including humans'?



We are **building on all our previous learning** in KS1 about living things and their habitat; the human body; offspring of animals; groups of animals; the needs of animals and how humans can keep healthy. It also builds on our learning from autumn term on the digestive system, teeth, and food webs.

This **new learning is important because** we need to understand about nutrition and how our body is built so that we can live a healthy lifestyle.

This **will help us get ready for future learning about** the human circulatory system and the impact of diet, exercise, drugs and lifestyle on the way our bodies function. It will also be relevant in a wide range of jobs in the areas of health, fitness and medicine.

### Important questions to answer:



- Why is it important to have a balance of all 7 nutrients in our diet?
- What makes a healthy meal for a human?
- What are the main bones in the human body and why are they important?
- Do all animals have skeletons?
- How do muscles help our body to move?

### Experiences we will have:



- Plan a healthy meal
- Make and label a model of a human skeleton.

### Things we need to know:



- To know that the 7 nutrients (protein, carbohydrate, fats, fibre, vitamins, minerals, and water) are used to help keep the body in good working order and each serve a different purpose.
- To know humans need to eat a balance of the food groups to obtain the required nutrients to keep the body healthy.
- To know the names of the main bones in the human body, the organs they protect and how they make up the skeleton.
- To know that almost all animals have a hard, bony skeleton and that vertebrates have a backbone and an endoskeleton inside their body, whilst invertebrates have an exoskeleton.
- To know that muscles can only pull (not push) and we therefore need two muscles to work together at a joint to move the body.

### Skills we need to learn:



- I can **explain** the function of the different nutrients in an animal's diet.
- I can **design** a healthy meal for a human.
- I can **create** a model to show the bones of the human body and their function.
- I can **explain** the characteristics of vertebrates and invertebrates.
- I can **draw** a diagram to show how muscles make skeletons move.

### Subject Specific Vocabulary:



balance  
carbohydrate  
endoskeleton  
exoskeleton  
fibre  
growth

mineral  
invertebrate  
moderation  
movement  
muscles  
nutrition

organs  
protection  
protein  
skeleton  
vertebrate  
vitamin

