



Statutory Requirements:

- Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- Identify that humans and some animals have skeletons and muscles for support, protection and movement

Working Scientifically:

- Asking relevant questions and using different types of scientific enquiries to answer them
- Setting up simple practical enquiries, comparative and fair tests
- Making systematic and careful observations and, where appropriate, taking accurate measurements using standard units, using a range of equipment, including thermometers and data loggers
- Gathering, recording, classifying and presenting data in a variety of ways to help in answering questions
- Recording findings using simple scientific language, drawings, labelled diagrams, keys, bar charts, and tables

Key Vocabulary:

- Diet and nutrition, balanced diet
- Vitamins, minerals, fats, proteins, sugars, carbohydrates
- Functions of skeletons – protection, support, movement
- Key bones – skull, ribs, scapula, patella etc

Key Knowledge:

The key to a healthy diet is:

- eating the right amount of food for how active you are
- balance - eating a range of foods

The range of foods in your diet should include:

- plenty of fruit and vegetables
- plenty of bread, rice, potatoes, pasta and other starchy foods (choosing wholegrain varieties when possible)
- some milk and dairy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- a small amount of foods high in fat and sugar

Skeletons have three main functions:

- A structure for movement
- Protection of vital organs
- Support and scaffolding for the body

Key Scientists:



Leonardo de Vinci (1452 – 1519)

A famous artist and scientist who produced the first anatomically correct drawings of the human skeleton.