

Science: Food and Our Bodies

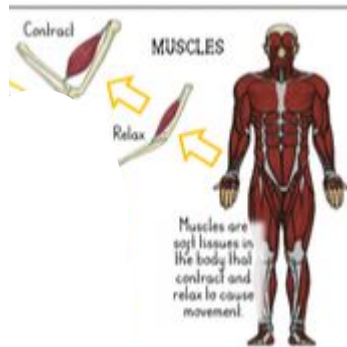


Children work scientifically on a variety of quick challenges and longer tasks to learn about food and their bodies. This topic looks at where animals get food from and why it is important, and skeletons, muscles and joints.

- 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 other animals have skeletons and muscles for support, protection and movement

Key Vocabulary:

Balanced diet
Biceps
Carbohydrates
Contract
Relax
Exoskeleton
Fats
Femur
Humerus
Muscle
Joint
Nutrients
Protein
Skeleton
Triceps
Vertebrate



A Balanced Plate

- Fruit and vegetables
- Grains, cereals and potatoes
- Dairy products
- Meat, fish, nuts and eggs
- Fats and sugars

