Animals including humans (Year 3)

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| Prior Learning: animals including humans need nutrients to survive, animals move in different ways |

Concept: cell - biology

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| Facts | Vocabulary |
| 1. Animals cannot make their own food: 2. Animals get nutrients from food they eat | 1. muscle – latin name musculus means little mouse 2. nutrient – latin name nutrire means to feed, support, nurse and preserve |
| 1. There are seven types of nutrients: 2. Water – essential for survival, makes up 60% of human body 3. Carbohydrates – gives animals energy and prevents loss of muscle mass 4. Protein – building blocks for cells and essential for forming muscles 5. Fats – boosts absorption of vitamins and protects the organs of the body 6. Vitamins – help the bones grow and support the immune system 7. Minerals – helps the body to work properly 8. Fibre – helps the digestive system stay healthy | Image result for human skeleton Human skeleton  fish  Image result for bird skeleton reptile  Amphibian Skeleton  reptile  bird  Image result for reptile skeletonAnimal Photograph - Sheepshead Fish Skeleton by Millard H. Sharp    Image result for simple muscles of the body amphibian |
| 1. History of the word nutrient: 2. In 1650 used as an adjective meaning providing nourishment |
| 1. Amounts of nutrition: 2. A balanced diet is important because the organs and tissues need proper nutrition to work effectively 3. A balanced diet includes foods which are low in fat and unnecessary sugars but high in vitamins, minerals and other nutrients 4. The following groups are essential as part of a balanced diet- fruits, vegetables, grains, proteins, dairy and oil 5. 20 % of water intake comes from food sources |
| 1. Most animals including humans have a skeleton and muscles: 2. A skeleton is a framework of bones 3. Muscle is a soft tissue that produces force and motion and maintains the position of parts of the body. 4. Muscles are joined to bones by tendons |
| 1. The major functions of skeletons and muscles are: 2. to support the body 3. protect the organs 4. help the body to move |
| 1. Names of major muscles and bones 2. Muscles – biceps, triceps and quadriceps 3. Bones - clavicle, pelvis and sternum | Image result for major bones of the body |
| Youtube:  [www.youtube.com/watch?v=fIoBoGSPkws](http://www.youtube.com/watch?v=fIoBoGSPkws) – basic anatomy  <https://www.bbc.com/bitesize/articles/zpbxb82> - how do your muscles work |