

## Key Vocabulary

- **Nutrition:** Getting the right food to grow and be healthy.
- **Skeleton:** The hard structure of bones inside a body that supports and protects it.
- **Muscle:** The soft tissues in the body that help us move by contracting and relaxing.
- **Support:** The function of the skeleton that keeps the body upright.
- **Protection:** The role of the skeleton to keep internal organs safe.
- **Movement:** The ability to change position or place, made possible by muscles and bones.
- **Bones:** Hard, white structures that form the skeleton.
- **Joints:** Places where two bones meet, allowing movement.
- **Vertebrate:** An animal that has a backbone.
- **Carnivore:** An animal that eats only meat.
- **Herbivore:** An animal that eats only plants.
- **Omnivore:** An animal that eats both plants and meat.
- **Organ:** A part of the body that has a specific function, like the heart or liver.
- **Diet:** The kinds of food that a person or animal eats regularly.
- **Health:** The state of being free from illness or injury.
- **Growth:** The process of increasing in size.
- **Development:** The process of changing and becoming more advanced.
- **Survival:** The state of continuing to live or exist.



# Animals & Humans

## Core Concepts

- **Nutrition:** Animals, including humans, need the right types and amounts of nutrition. They get nutrition from what they eat.
- **Skeleton and Muscles:** Humans and some animals have skeletons and muscles for support, protection, and movement. The skeleton protects vital organs, and muscles are attached to bones to help them move.

## Key Facts

### Types of Nutrition:

- Different animals have different dietary needs (carnivores, herbivores, omnivores).
- Balanced diets for humans include a variety of foods to get all necessary nutrients.

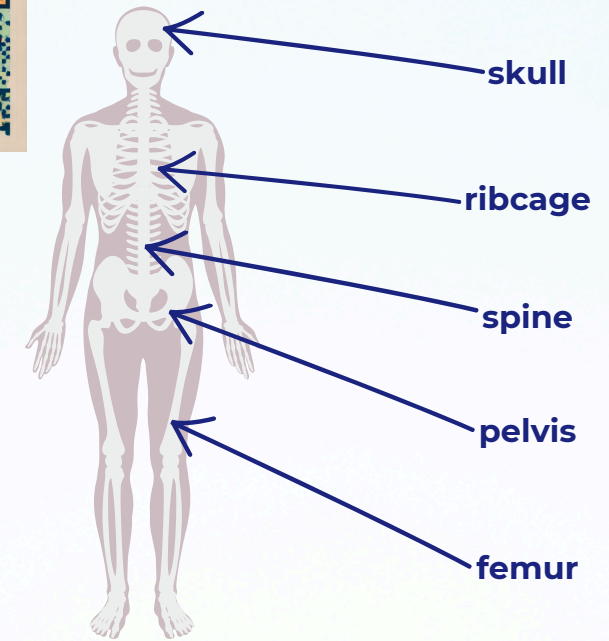
### Skeleton Functions:

- Support: Provides a framework for the body.
- Protection: Shields vital organs.
- Movement: Works with muscles to facilitate movement.

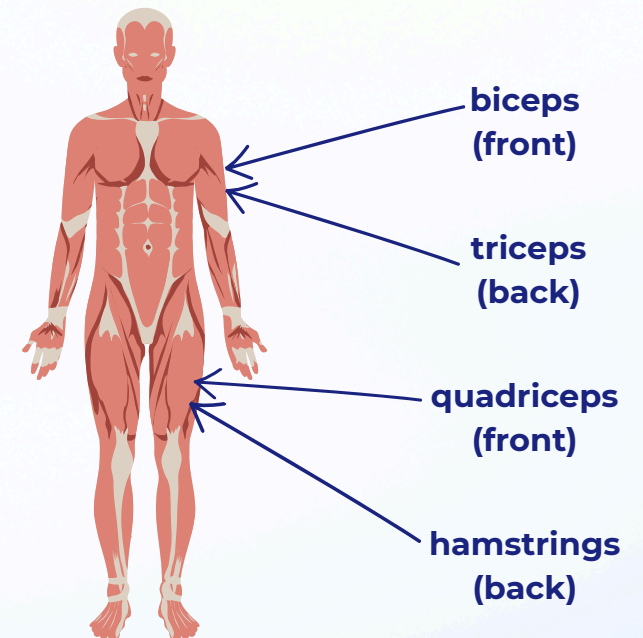
### Body Parts:

- Main bones: Skull, ribs, spine, and limbs.
- Major muscle groups: Biceps, triceps, quadriceps, and hamstrings.

## Human Skeleton Diagram



## Human Muscle Diagram



## Key Questions

What types of food do humans and different animals need?

How do the skeleton and muscles work together to enable movement?

Why is nutrition important for animals and humans?

## Learning Objectives

Understand the important of nutrition for animals and humans.

Identify the main parts of the human skeleton and their functions.

Recognise how muscles work with bones to produce movement.



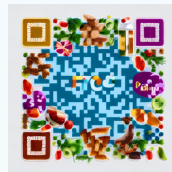
## Memory Tips

### Silly Rabbits Play Football

*Skull, Ribcage, Pelvis, Femur*

### Big Trains Hum Quietly

*Biceps, Triceps, Hamstrings, Quadriceps*



## Dietary Needs



Click on the Eatwell Plate to learn more.

## Food Groups

### Fruits and Vegetables:

Benefits: Vitamins, minerals, fibre.  
Examples: Apples, carrots, spinach.  
Tip: Aim for 5 portions/day.



### Proteins:

Benefits: Growth, repair.  
Examples: Meat, fish, beans.  
Tip: Variety is key.



### Carbohydrates:

Benefits: Energy.  
Examples: Bread, rice, pasta.  
Tip: Choose wholegrain.



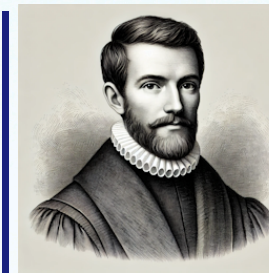
### Dairy:

Benefits: Calcium for bones.  
Examples: Milk, cheese, yogurt.  
Tip: 2-3 portions/day.



### Fats and Sugars:

Benefits: Energy (in moderation).  
Examples: Olive oil, sweets



**Andreas Vesalius**

Andreas Vesalius was a doctor who lived a long time ago. He studied the human body by looking at it very carefully and drawing what he saw. His drawings helped people understand how our bodies work. He is known as the father of modern anatomy, which is the study of the human body.



**Florence Nightingale**

Florence Nightingale was a nurse who took care of sick and injured soldiers. She taught people how important it is to keep things clean and to eat healthy food to stay well. Her work saved many lives and helped make hospitals better places.

## Self-Assessment

I can name the major bones in the human skeleton



I can identify key muscles and their functions



I understand the importance of a balanced diet



## My Reflections



What do I find most interesting about this topic?  
Where do I need to improve?