



### Lesson Sequence



1. Explore the 5 key food groups



2. Learn about the nutrition in the food we eat



3. Learn about the different types of skeletons



4. Learn about the human skeleton

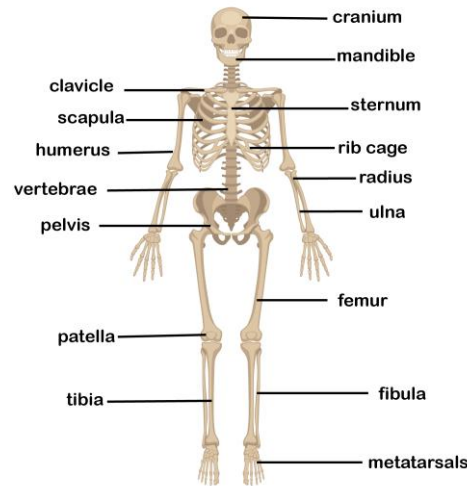


5. Learn about animals and their skeletons



6. Explore the role of muscles

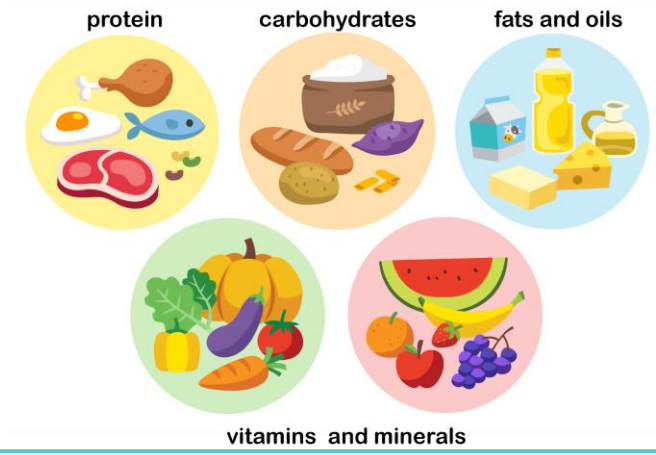
### Human Skeleton



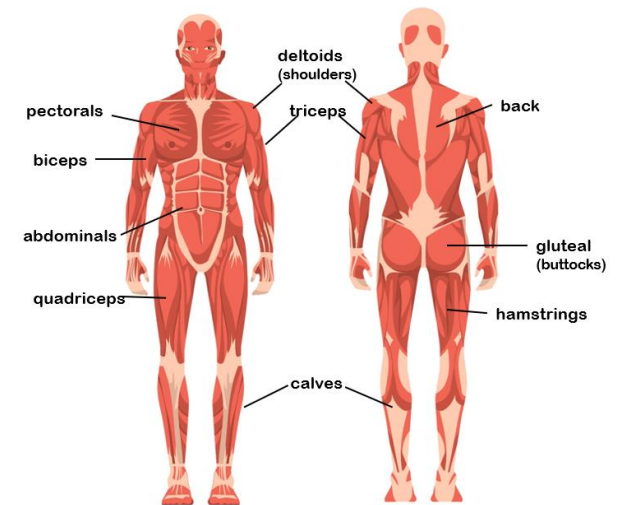
### Animal Skeletons



### 5 Food Groups



### Human Muscles



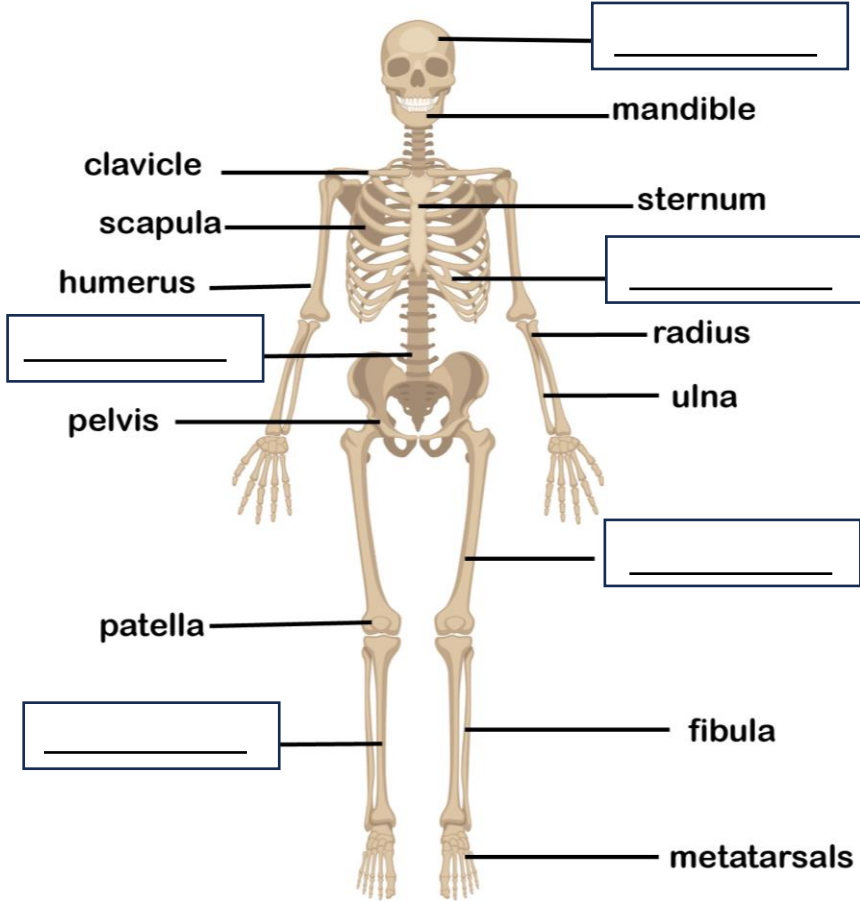


# Knowledge Organiser: Animals, including humans

*Before and After Test*



## Label the parts of the human skeleton



tibia      cranium      rib cage      vertebrae      femur

## What are the 5 food groups?



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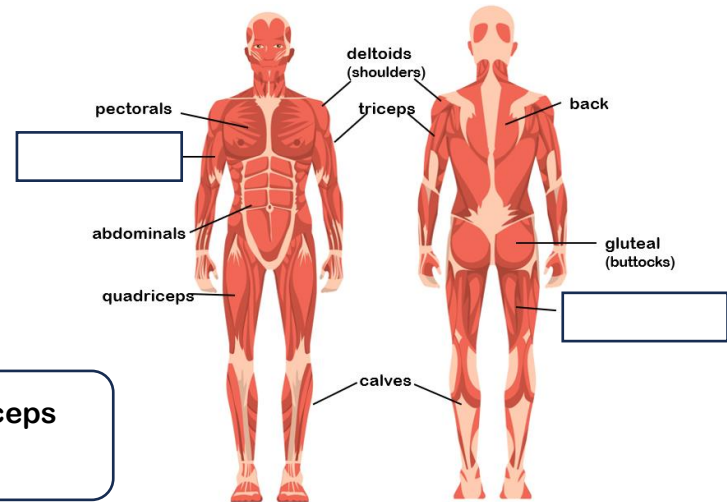
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## Label the human muscles



quadriceps  
biceps

## Identify the animal skeletons



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### Rocket Words

	<b>vitamin</b>	found in foods and are essential for the body's growth, repair and building immunity
	<b>mineral</b>	found in foods and help build strong bones and teeth
	<b>nutrition label</b>	gives information about what the food contains
	<b>balanced</b>	in good proportion
	<b>endoskeleton</b>	animals with skeletons inside their body
	<b>exoskeleton</b>	animals with skeletons outside their body
	<b>radius</b>	one of the bones found in the lower arm
	<b>tibia</b>	one of the bones in the lower leg
	<b>rib cage</b>	the structure of bones protecting the lungs and heart
	<b>spine</b>	the structure of bones that runs up the centre of the back
	<b>hamstrings</b>	muscles that run down the back of the leg
	<b>biceps</b>	muscles found in the upper arm