



What do we need to grow?



Pupils will learn

- What nutrients they put in their body.
- Different types of skellingtons.
- What makes up their skellington.
- The Function of their Skellington
- Muscles and what they are used for.
- Food groups.
- Balanced diet.
- Designing a healthy product to sell

Important facts

1. There are 206 bones in an adult's body.
2. There are 300 bones in an infant's body.
3. Most of our bones are located in our hands and our feet.
4. The largest bone in the human body is the femur, also known as your thigh bone.
5. Teeth are considered part of the skeletal system, but are not counted as bones.
6. About 60% of your body is made up of water.
7. Your brain is sometimes more active when you're asleep than when you're awake.
8. The word "muscle" comes from the Latin term meaning "little mouse2".
9. Muscles help the body to move.
10. About 60% of the human body is made up of water.
11. It takes an average human body about twelve hours to digest the eaten food completely.
12. The largest muscle in a human body is in the buttocks, it is known as 'gluteus maximus', which helps us to lift our legs.
13. The smallest muscle is known as the 'stampedi' and it is only 1.27 mm long.

Local Links

Doctors/ GP
Local Farms
Easton college
High altitude

Home Learning Ideas

Cook a healthy balanced meal
Create a food wheel
Create a daily workout routine you and your family
Design a healthy lunch to bring to school

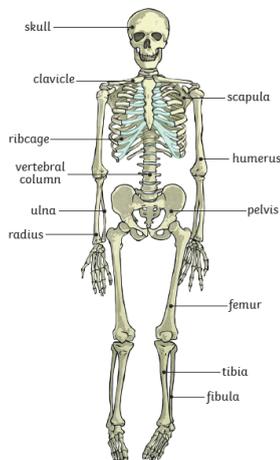
Books to read at home

Professor Astro Cat's Human Body Odyssey,
Illumanatomy, What's Eating You?
Giant, A Journey Through the Digestive System,
George's Marvellous Medicine,
The Astounding Broccoli Boy, See Inside Your Body

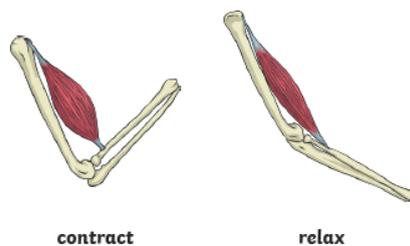
Inquiry Questions

1. What does our body need to keep healthy?
2. What are the functions of our bones?
3. What makes up a balanced diet?
4. What do i need to do to keep healthy?

Further Information



Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



Key Vocabulary

vertebrate	animals with backbones	healthy	in a good physical and mental condition
invertebrate	animals without backbones	nutrients	substances that living things need to stay alive and healthy
muscles	soft tissues in the body that contract and relax to cause movement	energy	strength to be able to move and grow
tendons	cords that join muscles to bones	saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts
joints	areas where two or more bones are fitted together	unsaturated fats	fats that give you energy, vitamins and minerals
exoskeleton	An exoskeleton is the external skeleton that supports and protects an animal's body	carbohydrates/ fats	provide energy
hydrostatic skeleton	Hydrostatic skeleton, is a flexible skeleton supported by fluid pressure.	vitamins/ minerals	keep you healthy
endoskeleton	An endoskeleton is an internal support structure of an animal, composed of mineralized tissue.	protein	helps growth and repair
Investigate	<i>Verb:</i> carry out research or study into (a subject or problem, typically one in a scientific or academic field).	illustrate	<i>Verb:</i> serve as an example of.

* Words in grey are Tier 2 (non-topic specific) vocabulary