

Science

Are you what you eat?

Background Information

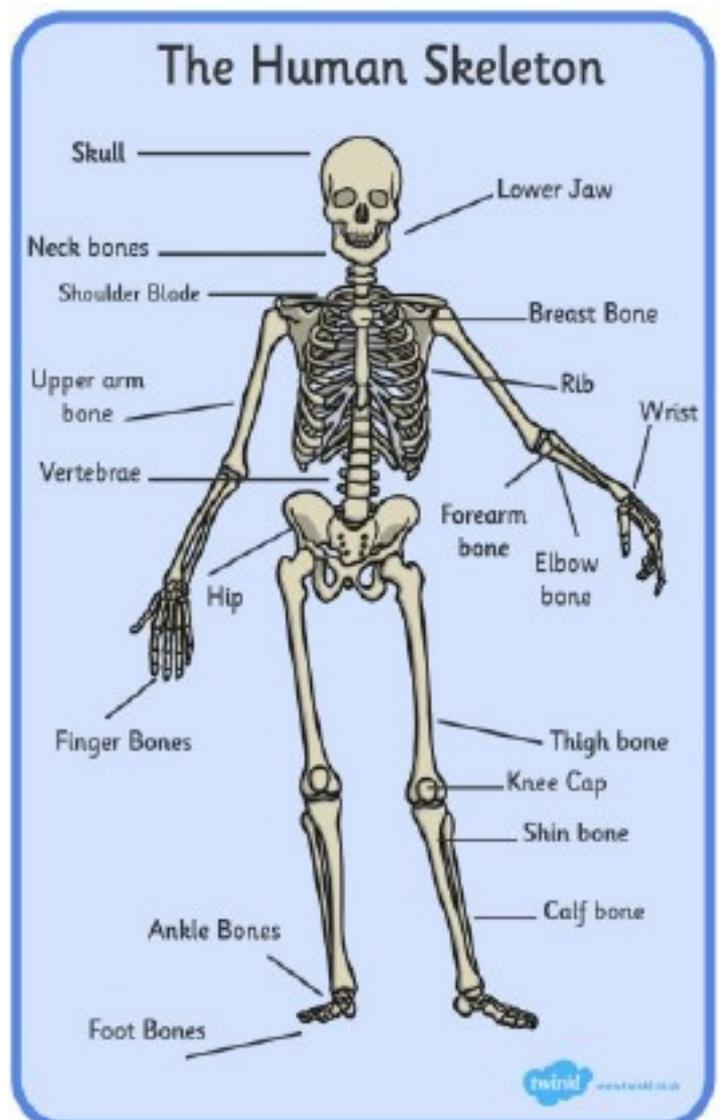
This topic will teach the children a range of things about their body and how to look after themselves properly. We will begin by developing an understanding of nutrition and what a balanced meal looks like. To develop this, the children will then learn about teeth and the digestive system. Furthermore, the children will develop a knowledge of a simple human skeleton and the muscles in our bodies.

In this unit, the children will:

- Understand what nutrition is and design a meal using the main food groups to ensure it is balanced and healthy.
- Identify the different types of teeth in humans and their simple functions.
- Describe the simple functions of the basic parts of the digestive system in humans.
- Identify that humans and some other animals have skeletons and muscles for support, protection and movement.

Impact on our lives:

During this topic, we will learn about our teeth and digestive system. We will look at how we can keep them healthy. We will also look into our skeletons and muscles, finding out how to keep healthy and look after our bodies.



Key Content:

- To explain what nutrition is and why it is important for animals, including humans.
- To know that there is more than one type of tooth.
- We will be able to explain the purpose of certain teeth to our peers. and present our findings.
- To know what the mouth, tongue, teeth, oesophagus, stomach and intestine do to help us digest our food.
- To understand and know the order of our digestive system.
- Identify the main bones in the body and how a skeleton protects, supports and helps the body to move.
- Explain how pairs of muscles work together to enable movement.
- To complete simple experiments to understand how our muscles work and their importance.
- To construct and interpret food chains, identifying producers and consumers.

Key Vocabulary:

Balanced diet: A diet that means you get the right types and amounts of foods and drinks to keep you healthy.

Skeleton: The hard structure that supports the body of a living thing.

Muscles: Move different parts of the body, inside and out.

Skull: Protects the brain.

Spine: Made of vertebrae and support the upper body's weight.

Bones: Support and protect organs of the body.

Digestive system: Responsible for getting food into and out of the body.

Mouth: Where chewing takes place.

Teeth: Used for biting and breaking food into smaller pieces.

Oesophagus: Links the mouth to the stomach.

Stomach: Where digestion of food occurs.

Small intestine: Where nutrients are absorbed into the blood.

Large intestine: Where water and vitamins are reabsorbed.

Food chain: Shows what eats what in a habitat.

Producer: An organism that takes energy from the sun and makes food, using water and carbon dioxide.

Consumer: An organism that uses other organisms for food.

