

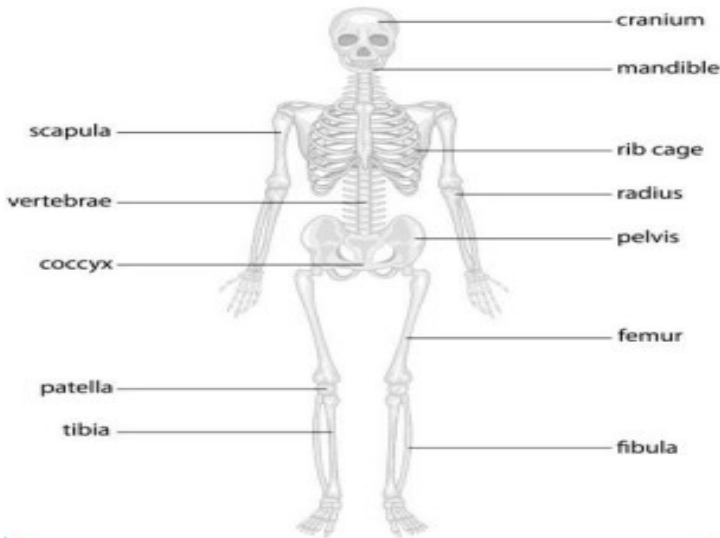
# Knowledge Organiser

## Science – Animals including humans - Skeletons, movement and nutrition

### What should I already know?

- Identify and name a variety of common animals including fish, amphibians, reptiles, birds and mammals.
- Identify and name a variety of common animals that are carnivores, herbivores and omnivores.
- Describe and compare the structure of a variety of common animals (fish, amphibians, reptiles, birds and mammals, including pets).
- Find out about and describe the basic needs of animals, including humans, for survival (water, food and air).
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Key Vocabulary	
Nutrition	The process of taking food into the body and absorbing the nutrients in those foods.
Nutrients	Important substances you get from food that help your body survive and grow
Carbohydrate	Foods that provide energy. Found in : vegetables, fruits, and whole grains
Sugars	A form of carbohydrate that the body converts to glucose.
Protein	Foods that help repair and growth. Found in: eggs, nuts, beans, fish, meat, and milk.
Vitamins	A nutrient that the body needs in small amounts to function and stay healthy.
Minerals	Found in foods and help build strong bones and teeth
Fibre	Foods that help you digest the food you have eaten
Fats	Foods that help store energy, such as: butter, cheese, fried food
Water	A clear liquid that helps move nutrients around your body and helps to get rid of waste.
Skeleton	The framework of bones and cartilage that supports and protects the soft tissues and the internal organs of the body.
Bones	A rigid body tissue that makes up our body skeleton
Muscles	the soft pieces of flesh in animals and humans that make the bones move
Joints	The area where two bones join together (attach) to allow for movement.
Support	The act of bearing the weight of something or strengthening
Protect	To shield from danger or harm
Move	A change of place, position, or state.
Skull	The bones that form the head
Ribs	The long curved bones which form the rib cage.
Spine	The column of small linked bones down the middle of your back



### Sticky Knowledge

- Animals, unlike plants which can make their own food, need to eat in order to get the nutrients they need.
- Food contains a range of different nutrients – carbohydrates (including sugars), protein, vitamins, minerals, fats, sugars, water – and fibre that are needed by the body to stay healthy. A piece of food will often provide a range of nutrients.
- Humans, and some other animals, have skeletons and muscles which help them move and provide protection and support.