

Nutrition, Bones and Muscles

Prior Knowledge

You will have learned about the human body in Year 1 in the module All about me

In Year 2 you will have learned about growth and human life cycles.

Key Vocabulary:

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

Key learning: How does our diet affect our body?



Week 1: Explore the 5 key food groups

What are the five key food types?



Week 4: Learn about human skeletons

Why is the human spine so important?

Each serving (150g) contains				
Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%
of an adult's reference intake				
Typical values (as sold) per 100g: 697kJ / 167kcal				

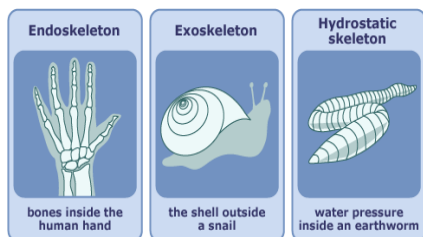
Week 2: Learn about the nutrition in the food we eat.

Why is it important to eat a balanced diet?



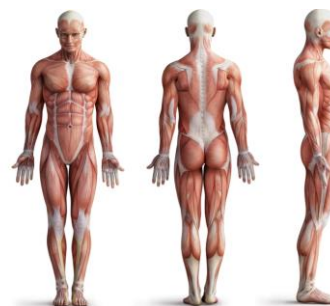
Week 5: Learn about animals and their skeletons

How do skeletons help animals move in their environment?



Week 3: Learn about different types of skeletons

What are the two main functions of skeletons?



Week 6: Explore the role of muscles

What are voluntary muscles?

What are involuntary muscles?

Next Steps

In Year 4 you will learn about the human digestive system, your teeth and understand how humans (and other animals) fit into food chains and food webs.