

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
WALT: explain what consumers are and that all animals rely on a balanced diet	WALT: identify and name different food groups	WALT: explain how different food groups can benefit our bodies	WALT: explain how some food groups can harm our bodies	WALT: explain the key functions of the human skeleton	WALT: describe how skeletons move	WALT: compare human skeletons with other animals' skeletons
Retrieval KSI Vocab	Vocab & retrieval	Vocab & retrieval	Vocab & retrieval	Vocab & retrieval	Vocab & retrieval	Vocab and retrieval
	<p>Know we get nutrition from what we eat Know that we need to eat a variety of foods using all the food groups. Name the food groups and examples of foods that contain them.</p> <p><u>Carbohydrates</u> - rice, potatoes, pasta and bread <u>Protein</u> - fish, meat, eggs and cheese <u>Sugar and Fats</u> - chocolate, sweets butter, oil, cream <u>Vitamins and Minerals</u> - fruit and vegetables <u>Dairy</u> - milk, yoghurt, cheese</p> <p>B - complete sentences about nutrition and food groups A - Sort foods into food groups. D - True/false statements - Fish is a good source of protein.</p> <p>Make it stick</p>	<p>Explain that to keep your body fit and healthy, you need a balanced diet using all of the food groups Know some types of food should be eaten more than others. Explain the functions of the different food groups. <u>Carbohydrates</u> - Main source of energy for our bodies. <u>Protein</u> - Repairs and builds muscles, organs and immunity. <u>Sugar and Fats</u> - Stored for energy and create a layer of fat to keep us warm. Only small amounts needed. <u>Vitamins and Minerals</u> - Keep us healthy, growing and fighting infections. <u>Fibre</u> - helps food to move through your body quickly.</p> <p>B - match food groups and functions A - odd one out activity with food pictures D - Research task - find out which foods contain the following vit/min and how they benefit us. Vit A - milk, cheese, butter - healthy vision and skin</p>	<p>Know high fat and sugary food provides no nutritional value and can be harmful to health Know tooth decay is caused by excess sugar Know that excess fat from fatty foods can build up in the body and cause obesity. Know a lack of vitamin D can cause rickets. Know we need the right type and right amount of nutrition.</p> <p>B - identify foods high in fats and sugar. A - Explain the risks of too much sugar or fat in your diet. D - research task - find out what a range of animals eat and group them</p> <p>Make it stick</p>	<p>Know what a human skeleton looks like. Name key parts of the skeleton: <u>skull/cranium</u>, <u>rib cage</u>, <u>pelvis</u>, <u>collar bone</u>, <u>spine</u>, <u>vertebra</u>, <u>patella/knee cap</u>. Know that the skeleton protects our internal organs, keeps us supported and helps us move</p> <p>B - label diagram of a skeleton. A - Complete sentences to explain the main functions of a skeleton - support, protection, movement. D - Answer questions - which part of the skeleton - protects the heart and lungs? protects the brain? Etc</p> <p>Make it stick</p>	<p>Know what a muscle is and the names of the main muscles in our bodies Know that skeletons move because bones are attached to muscles. Know that when a muscle contracts (bunches up), it gets shorter and pulls up the bone it is attached to. When a muscle relaxes, it goes back to its normal size. Know the key muscles in the arm.</p> <p>B - Questions based on text or video about muscles and the skeleton. A - Label the main muscles in the human body. D - Describe how the muscles contract and relax to move the arm.</p> <p>Make it stick</p>	<p>Know mammals have skeletons and humans are a type of mammal. Know that birds, fish, amphibians and reptiles have skeletons and are designed to support their bodies, protect organs and help movement. Know that birds' bones are hollow, making them lighter - this allows them to fly.</p> <p>B - Questions about video clip or text - animal skeletons. A - Explain similarities and differences between animal skeletons. D - Identify and group animals with/without skeletons</p> <p>End of unit retrieval task</p>

		Vit C - orange, lemons, tomatoes - prevent infection Vit D - milk, cheese, fish - helps bone development Calcium - milk, cheese, yoghurt - bone and tooth development				
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Make it stick

Working Scientifically.

Compare diets of animals, and group them.

Research food groups.

Identify and group animals - with/without skeletons.

Compare skeletons of different animals.