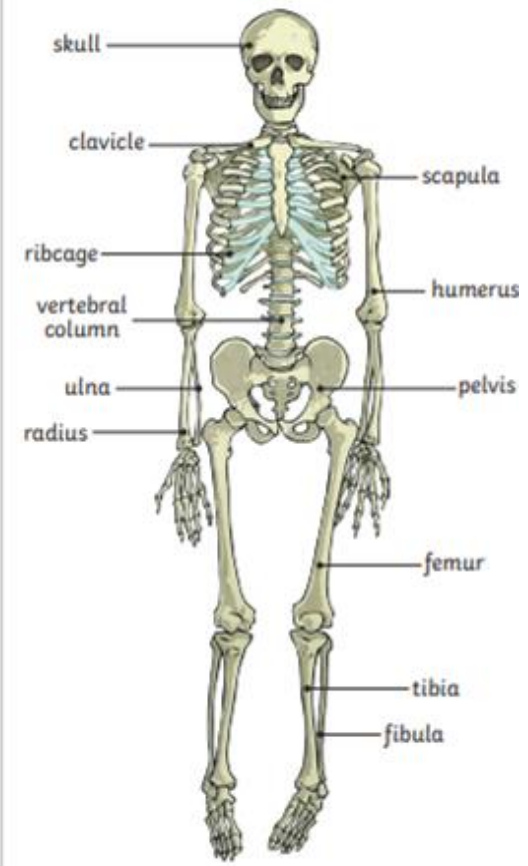


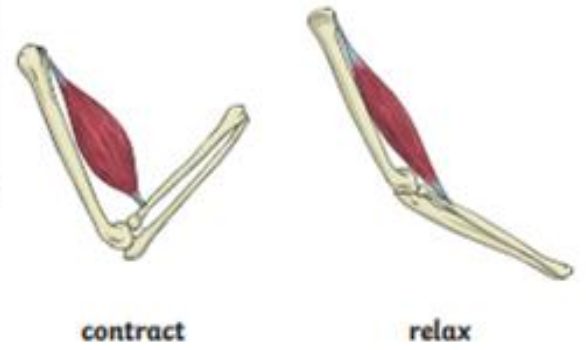
Animals Including Humans

Key Vocabulary	
healthy	in a good physical and mental condition
nutrients	substances that living things need to stay alive and healthy
energy	strength to be able to move and grow
saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts
unsaturated fats	fats that give you energy, vitamins and minerals
vertebrate	animals with backbones
invertebrate	animals without backbones
muscles	soft tissues in the body that contract and relax to cause movement
tendons	cords that join muscles to bones
joints	areas where two or more bones are fitted together

Nutrient	Found in... (examples)
carbohydrates	
protein	
fibre	
fats	
vitamins	
minerals	
water	



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



Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

English

Write an information leaflet on the different nutrients in food (e.g. protein, fat, vitamin etc) and their uses.

Write an explanation text on the bones and muscles in our bodies.

Write a recipe (instructional text) about how to make a healthy, balanced meal (you could then make this meal with help from an adult).

Music

Write a song explaining the different nutrients in food and what they are used for by the body to the tune of Incy Wincy Spider.

Science

Keep a food diary for a week . After the week, explore whether you achieved the recommended nutrition goals.

Research how too much sugar affects kids at:

<https://www.nhs.uk/change4life/food-facts/sugar>

Make a poster persuading children to consume less sugar.

Research and list vertebrates and invertebrates.

Presentation

Remember you can present your work however you like.

It can be a poster, a booklet, a powerpoint or something you have drawn/made.

Let your imagination go wild!

YOU HAVE THE WHOLE HALF TERM TO WORK ON IT.

What is the human body made up

of?



Maths

Create a pie chart displaying the recommended nutrition goal and compare that to a pie chart or your nutrient intake for the week.

Practise your 2, 5, 10, 3, 4, and 8 times tables.

Art/DT

Create a 3D model of a healthy, balanced meal using a media of your choice e.g. papier mache, crayons, paints.

Cook a healthy balanced meal, with help from an adult, take a picture of the finished product and rate it out of 10.

Research the artist Giuseppe Arcimboldo and use his work as inspiration to create a portrait face made entirely of fruit.