

LKS2 Science Knowledge Organiser: Animals including Humans - What We Are Made Of

3 BIG IDEAS

Curiosity

I can form questions about skeletons and muscles in human and animal bodies

I can explore and identify the five different food groups

Investigation

I can investigate and identify the nutrients provided by each of different food groups

I can find out what animal and human skeletons look like to know what their different parts are called

I can investigate and identify the different muscle groups in the human body

Explanation

I can explain what nutrients we need and how they work to keep healthy

I can explain why we have skeletons

I can explain how the major muscle groups work in our bodies

VOCABULARY

Vegetables - the leaves, stems, roots, or other parts of certain plants that people eat

Grains - types of grass that produce seeds that can be eaten

Protein - builds, maintains, and replaces the tissues in your body

Dairy - foods that are made from the milk of cows or certain other animals, like goats/sheep

Carbohydrates - the body's major source of energy

Fats - fats fuel the body and help absorb some vitamins

Vitamins - found in foods and are essential for the body's growth, repair and building immunity

Minerals - found in foods and help build strong bones and teeth

Sugars - sweet substances

Nutrients - important substances you get from food that help your body survive and grow

Vitamins - nutrients that humans need in order to grow, reproduce, and be healthy

Endoskeleton - animals with skeletons inside their body

Exoskeleton - animals with skeletons outside their body

Hydrostatic skeleton - a kind of skeleton that is composed of soft tissue filled with an incompressible fluid or a gel-like substance

Tibia - one of the bones in the lower leg

Femur - the bone found in the thigh

Ulna/Radius - bones found in the lower arm

Spine - the structure of bones that runs up the centre of the back

Rib cage - the structure of bones protecting the lungs and heart

Hamstrings - muscles that run down the back of the leg

Biceps/Triceps - muscles found in the upper arm

5 Food Groups



PROTEIN FOOD



CARBOHYDRATE



MINERAL



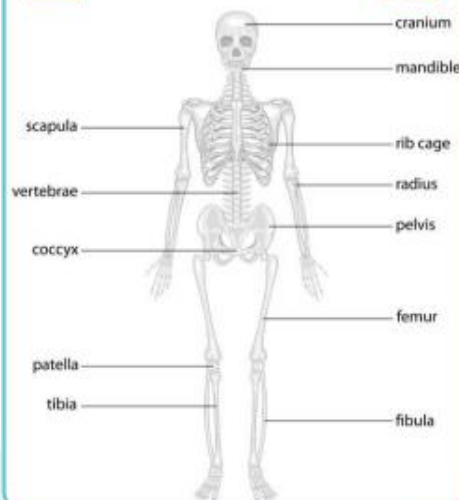
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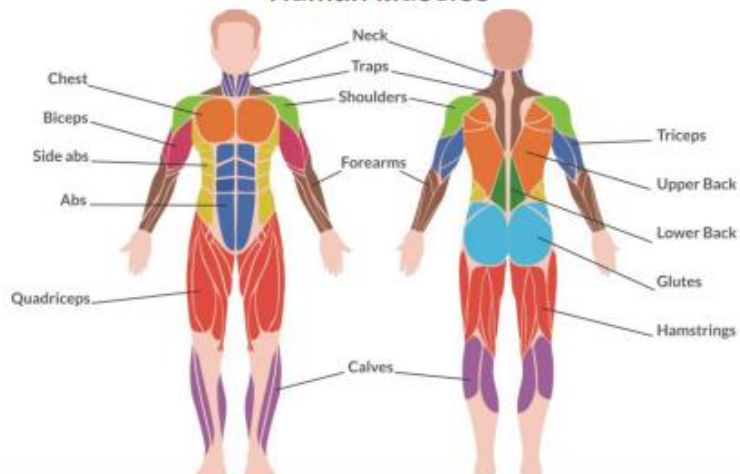
VITAMIN



Human Skeleton



Human Muscles



Animal Skeletons



