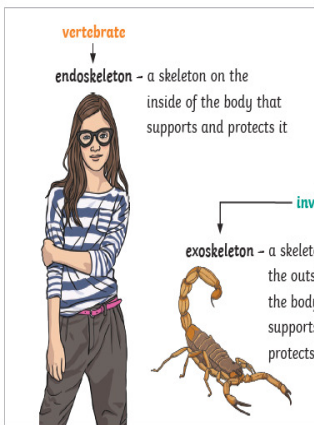


Lower Key Stage 2 - Elveden Academy

Knowledge organiser - Animals including Humans

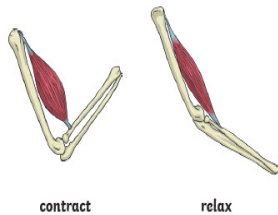
Key Vocabulary	
vertebrate	animals with backbones
invertebrate	animals without backbones
muscles	soft tissues in the body that contract and relax to cause movement
tendons	cords that join muscles to bones
joints	areas where two or more bones are fitted together



Skeletons do three important jobs:

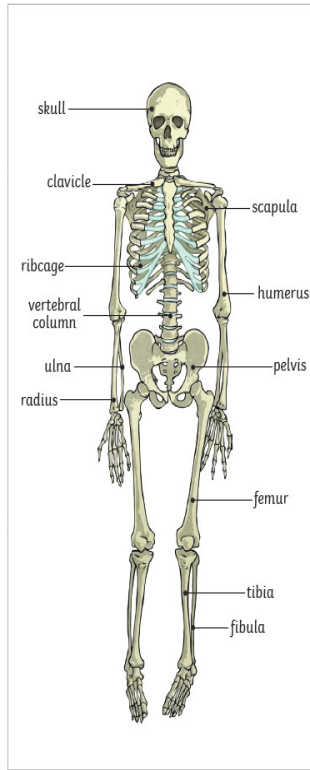
- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

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



invertebrate
↓
exoskeleton - a skeleton on the outside of the body that supports and protects it

hydrostatic skeleton - a skeleton made up of a fluid-filled compartment in the body called a coelom, mainly found in soft-bodied animals



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

- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste

Useful Diagrams

Diagram 1



Diagram 2

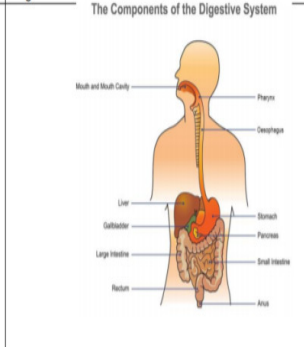


Diagram 3

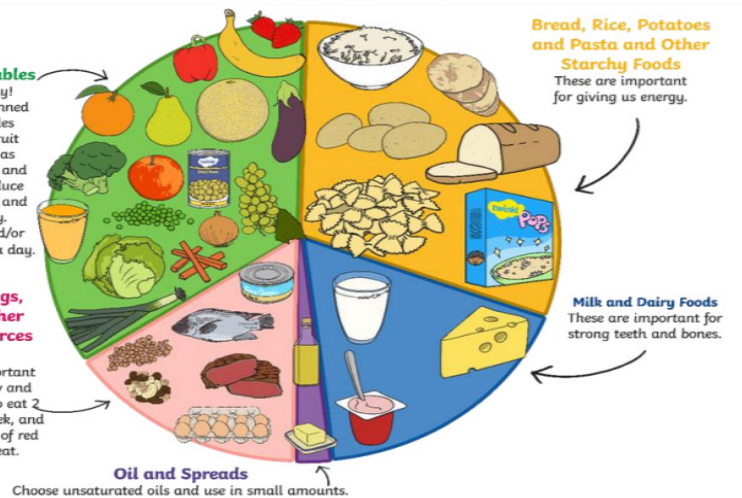


Fruit and Vegetables

Aim to eat 5 a day! Dried, frozen and tinned fruit and vegetables count as well as fruit juices. Important as sources of vitamins and minerals which reduce your risk of disease and keep you healthy. Limit fruit juice and/or smoothies to 150ml a day.

Meat, Fish, Eggs, Beans and Other Non-Dairy Sources of Protein

These are very important for helping us grow and build muscles. Try to eat 2 portions of fish a week, and try to reduce intake of red and processed meat.



Lower Key Stage 2 - Elveden Academy Knowledge organiser - Animals including Humans

What do we need to survive?

Animals, including humans, need to eat to get all the energy and nutrients they need.			
Things animals need to survive	Water	Food	Air
Things humans need to survive	Water	Food	Air
Things humans need to be healthy	To have a balanced diet of the right amount of different types of food and drink To exercise regularly To be hygienic		
What is nutrition?	Nutrition means animals getting the food they need to grow and be healthy		

Nutrition

Nutrition means animals getting the food they need to grow and be healthy

Humans and animals can't make their own food
They get food by either growing it, hunting it or gathering it

Humans can grow their own food by planting seeds that they later harvest.

Humans can hunt other animals to eat.

Humans can find foods grown in the wild to eat

Balanced Diet

The human body needs a **balanced diet** to work properly. Good health involves drinking enough water and eating the right amount of foods from the different food groups:

Carbohydrates give us energy. They are found in foods such as bread, potatoes and pasta.

Proteins help our bodies to repair themselves. They are found in foods such as fish, meat, nuts, seeds, eggs and cheese.

Fats help store energy for our bodies. They are found in foods such as butter, cheese and fried foods.

Fibre is important for helping us digest our foods. It's found in fruit and vegetables.

Key Vocab

Vertebrate	An animal with a backbone inside their body
Bones	The hard parts inside your body which form your skeleton
Skeleton	The framework of bones in your body
Backbone (spine)	The column of small linked bones down the middle of your back
Muscle	Muscles move the different parts of your body, inside and outside
Healthy	Well, and not suffering from any illness
Disease	An illness which affects people, animals or plants
Hygiene	Keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases
Exercise	take part in bodily activity for the sake of improving physical fitness
Balanced diet	Choosing foods in the right amounts from each of the food groups

Skeleton

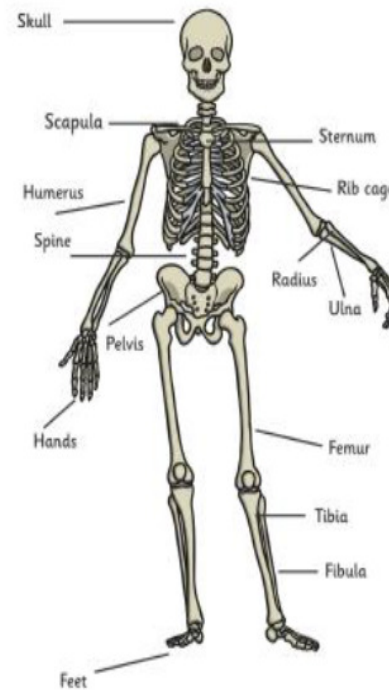
All mammals (including humans), birds, fish, reptiles and amphibians are vertebrates. This means they have a skeleton inside their bodies.

The human skeleton is made of bones and grows as we grow.
Our skull protects our brain and our ribs protect our heart and lungs.

The skeleton bends at joints such as knees and ankles. Joints are where two or more bones join together



The Human Skeleton



Muscles

Muscles are attached to the skeleton to help us move. They either contract (bunch up) or relax (go back to normal) to move the bones

