## **Animals including Humans**

**Key Knowledge** 

Significant Scientist				
Elsie Widdowson	Elsie Widdowson (1906-2000) was a British dietician and nutritionist who loved experiments. She wrote a book which told us for the first time what energy and nutrition was in different foods. She also played a key role in wartime rationing.		The skel helps us	
			Skeletor muscle bone it i normal	
	Enquiry Skills		To keep includin Carbohy	
Observing over time			potatoe Protein	
Identifying and classifying			meat, eg Sugar ar us warm	
Fair testing				
Pattern seeking			butter, o Vitamin	
Research			(fruit an	

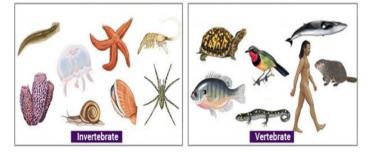
## Working Scientifically Skills

Oral and written explanations, conclusion, predictions, classify, collect data and evidence, improve, use secondary sources.

Ask relevant questions.

Data – gather, record, classify, present.

Record – drawings, labelled diagrams, tables.



The skeleton protects our internal organs, keeps us supported and	b
helps us to move.	

Skeletons move because bones are attached to muscles. 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.

To keep your body fit and healthy you need a balanced diet including all of the food groups:

Carbohydrates – Main source of energy for our bodies (rice, potatoes, pasta and bread).

Protein – Repairs and builds muscles, organs and immunity (fish, meat, eggs and cheese).

Sugar and Fats – Stored for energy and create a layer of fat to keep us warm. Should not have too much of these (chocolate, sweets, butter, oil, cream).

Vitamins and Minerals – Keep us growing and fighting infections (fruit and vegetables).



## Key Vocabulary

An internal support made of bone that gives the body shape, allows it to move and protects internal organs from damage.	
A hard covering that supports and protects the bodies of some types of animals. The word exoskeleton means 'outside skeleton'.	
An animal with an internal backbone.	
An animal without an internal backbone.	
An organ of the body which allows for the body to move as it is attached to the skeleton.	
When muscles tense.	
When muscles are less tense and return to normal size.	
The study of food and how it works in the body.	





