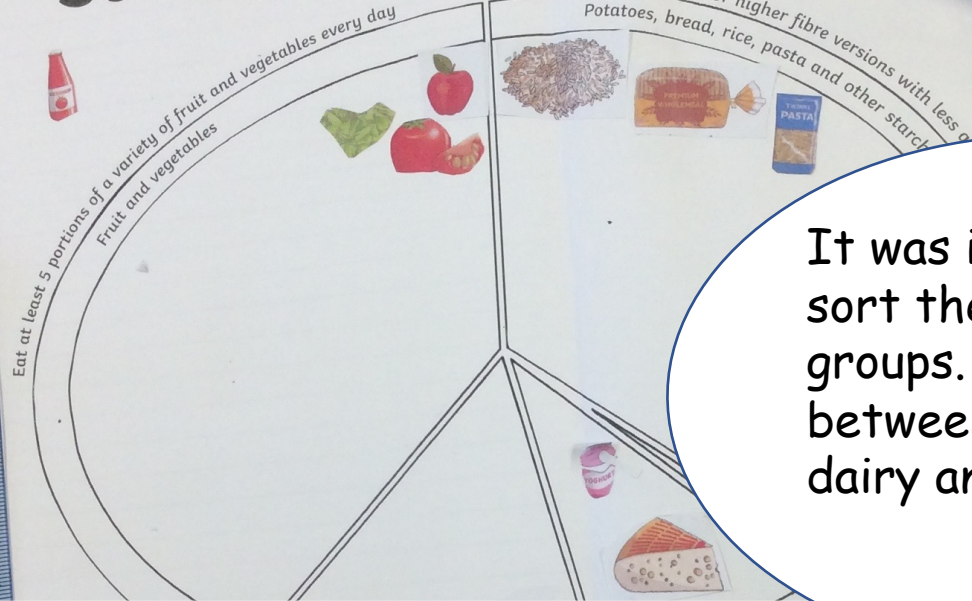




Science. Why are nutrition, muscles and our skeleton important?

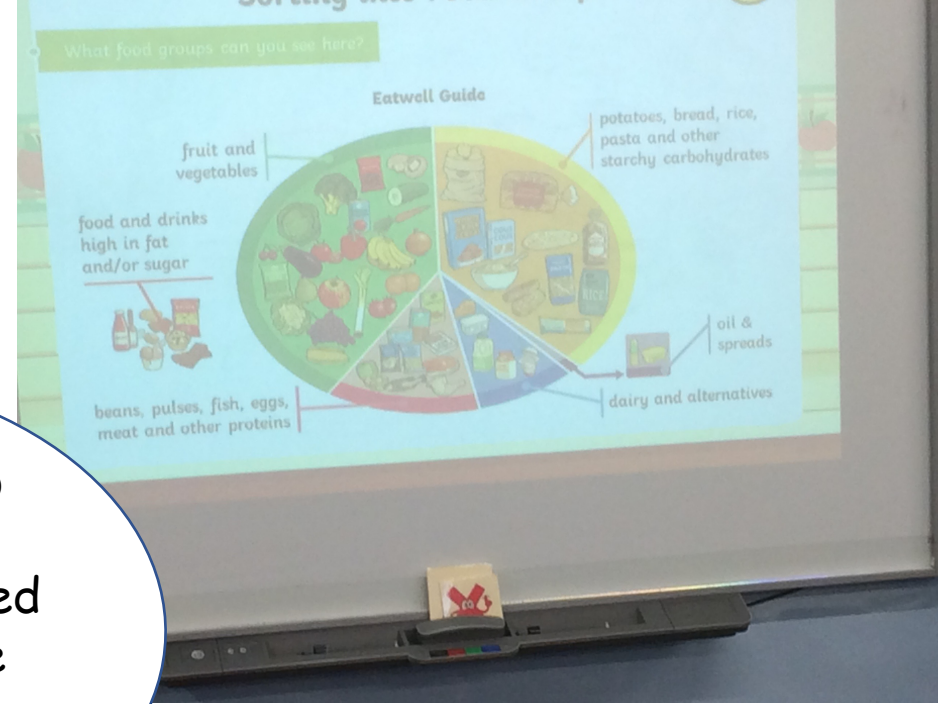
Spring 2023

Sorting into Food Groups



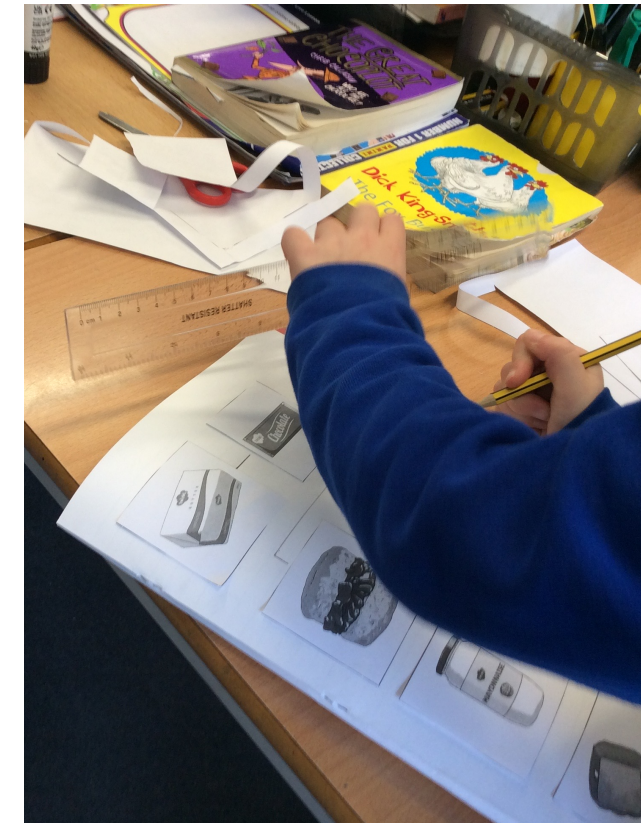
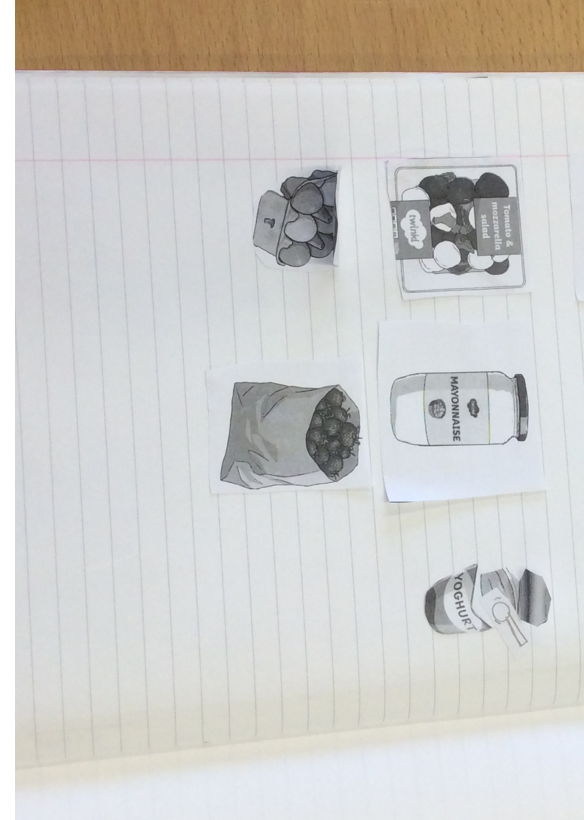
It was interesting to sort the food into groups. I got confused between some of the dairy and protein.

We sorted food into food groups. We need food from each food group to stay healthy as well as water.

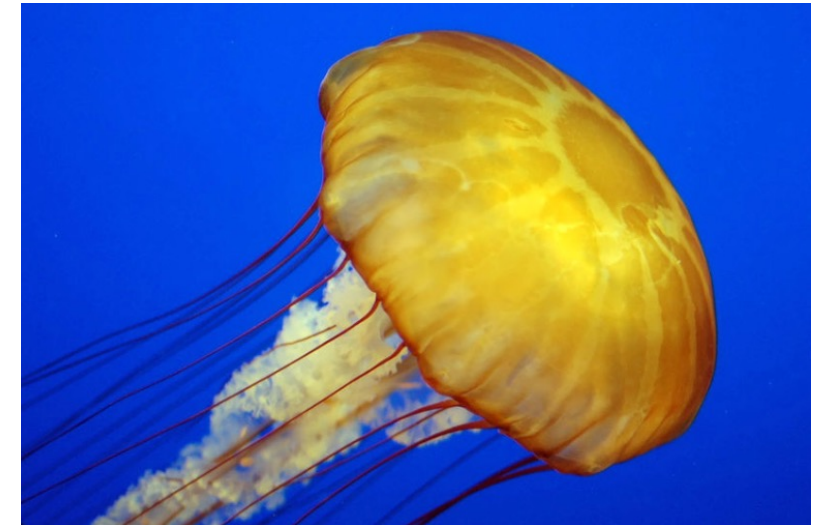
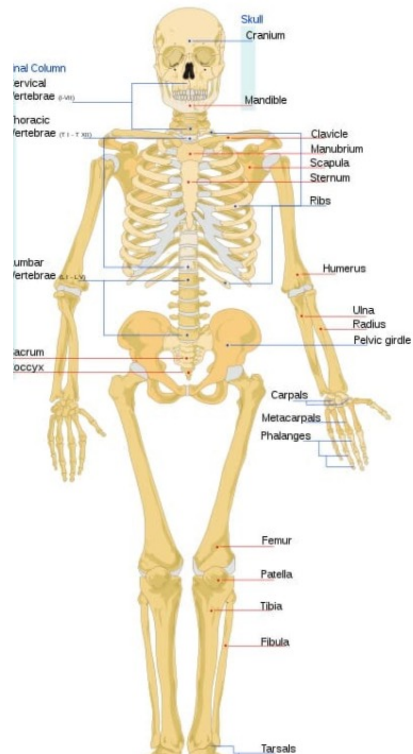


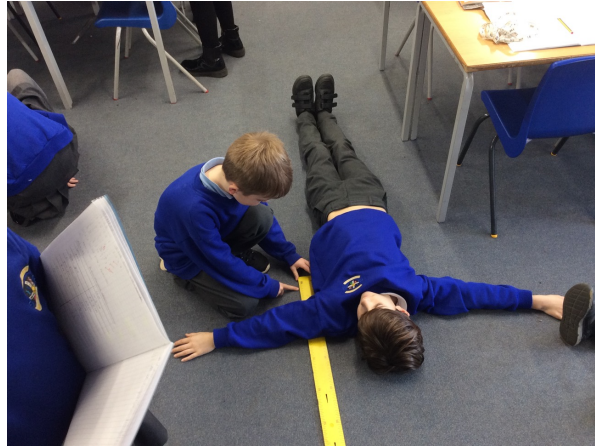
We looked at food labels and how much saturated fat different foods might have.

I couldn't believe how much saturated fat was in things like mayo and cheese.

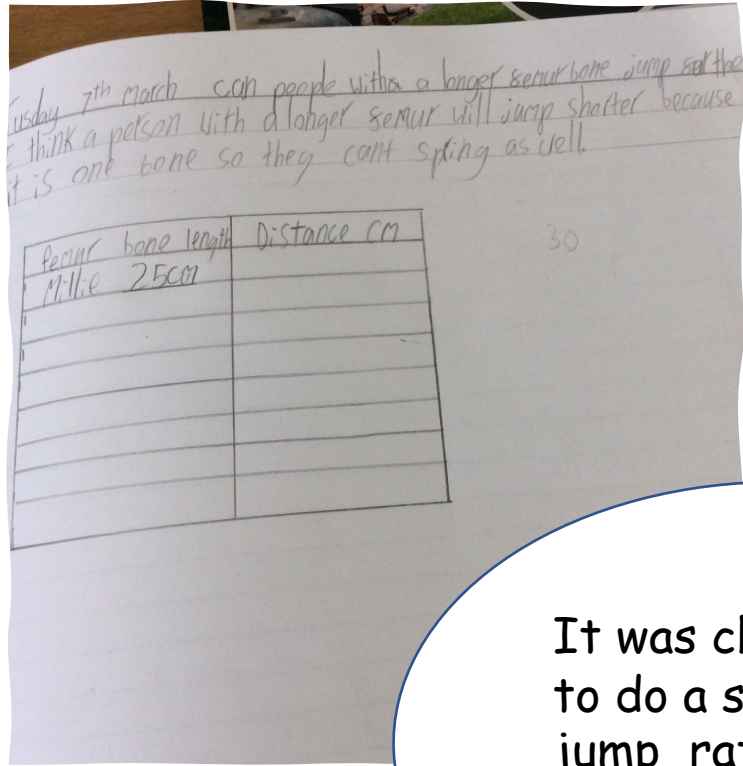


There are 3 types of skeleton. Endo skeleton, exoskeleton and hydrostatic skeleton.





We used our measurement skills to investigate whether our skeletons are "square" or a "rectangle".



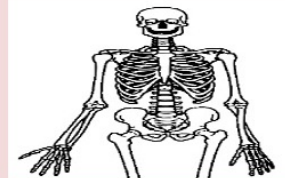
It was challenging to do a standing jump rather than having a run up.

We did an investigation into whether the length of our femur allowed us to jump further.

Science FLE 3/4 Why are nutrition, muscles and our skeleton important?

Cultural capital

Children know a range of religions and faiths. They can identify key aspects of the religion including stories. Children are aware of different faiths in our world.



Skills

- Compare what happened and give examples
- Make a precise set of measurements
- Identify features of a fair and unfair test.
- Predict before testing
- Use graphs to find and interpret patterns after collecting data.

Forever Facts

Know the features of a balanced diet and that food labels can help with this.

Describe what a carnivore, herbivore and omnivore eat.

Describe types of skeleton, endoskeleton, exoskeleton and hydrostatic skeleton.

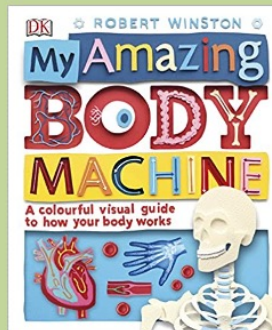
Know then function of the skeleton and name the femur and its location.

Know the function of muscles and name some of the arm muscles (bicep and tricep).

What I have learnt before:

KS1: Living things and their habitats. KS2: Animals including humans (teeth and digestion) electricity.

Exciting Books



Subject Specific Vocabulary

Balanced diet	eating a variety from all 5 different food groups.
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.
Endoskeleton	a vertebrate that has their skeleton on the inside.
Exoskeleton	an animal that has its skeleton on the outside. Insects are skeletons.
Hydrostatic skeleton	Animals that have no bones but use tubes of water. The skeleton gives no protection

Our Endpoint

I can create an investigation about our body (nutrition / muscles / skeleton).