

# Knowledge Mat: Animals, including humans

## How does this link to GROW?

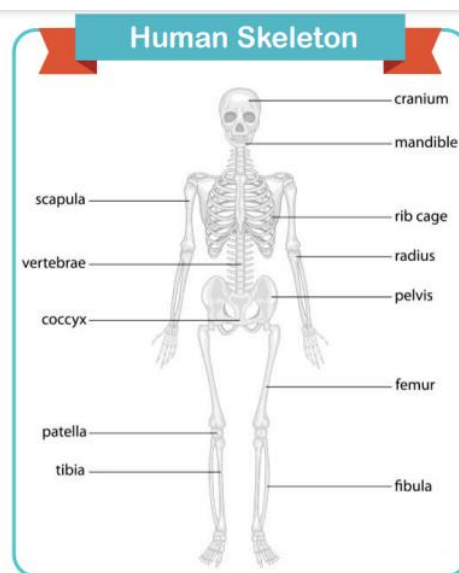
O: To gain outstanding knowledge and skills, through outstanding lessons so that we can know more and remember more about plants and their life cycles.



## Subject Specific Vocabulary

vitamin	found in foods and are essential for the body's growth, repair and building immunity
mineral	found in foods and help build strong bones and teeth
nutrition label	gives information about what the food contains
balanced	in good proportion
endoskeleton	animals with skeletons inside their body
exoskeleton	animals with skeletons outside their body
radius	one of the bones found in the lower arm
tibia	one of the bones in the lower leg
rib cage	the structure of bones protecting the lungs and heart
spine	the structure of bones that runs up the centre of the back
hamstrings	muscles that run down the back of the leg
biceps	muscles found in the upper arm

## Key Knowledge:



### Food groups:

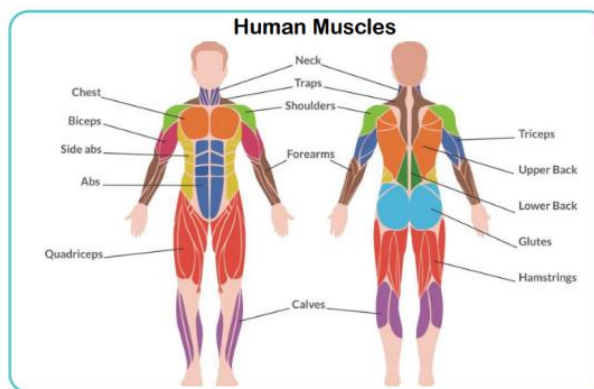
Carbohydrates are broken down by our body to provide us with energy and exercise.

Fats and oils help to insulate and protect our vital organs.

Protein is used for growth and repair.

Fruits and vegetables help us build immunity against diseases.

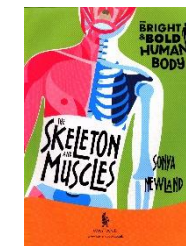
Dairy contains calcium which helps to build strong bones and teeth.



### Did you know?

Did you know the largest muscle in the human body is the gluteus maximus? Their biggest job is keeping us upright and pushing our bodies forward.

## Books you might like:



## What I've learnt previously:

In Year 1, I learnt how to identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

## This will help me to:

identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat. They also learn how to identify that humans and some other animals have skeletons and muscles for support, protection and movement.