

**Share this information with your family**

In this unit we will be looking at the unit Animals including humans, where we will be looking at what makes a healthy meal. This will include the food groups as well as the structure of the human body: skeletal and muscular system.

<b>healthy</b>	in a good physical and mental condition
<b>nutrients</b>	substances that living things need to stay alive and healthy
<b>energy</b>	strength to be able to move and grow
<b>saturated fats</b>	types of fats, considered to be less healthy, that should only be eaten in small amounts
<b>unsaturated fats</b>	fats that give you energy, vitamins and minerals

**What is diet**

A healthy diet is like a superhero for our bodies, giving us the energy and strength we need to play, learn, and grow! Just like how we need different colours to make a beautiful painting, our meals need different types of food to be healthy. Eating a little bit from each group every day is the key to having a super-duper healthy diet. It's like having a party in our tummy with all the different food friends! And guess what? It also makes our hair shiny, our skin glow, and our smiles super bright!

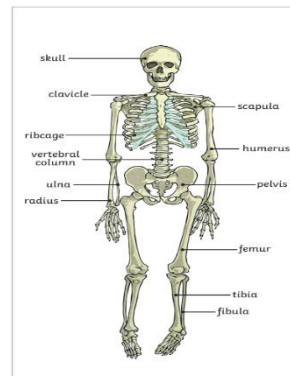


**What you need in your diet**

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

**Word bank for the human body**

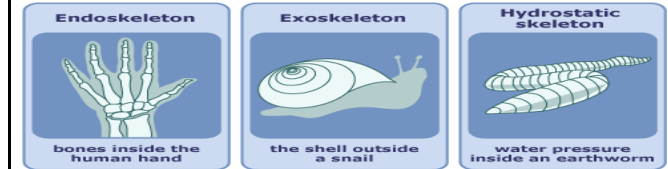
<b>vertebrate</b>	animals with backbones
<b>invertebrate</b>	animals without backbones
<b>muscles</b>	soft tissues in the body that contract and relax to cause movement
<b>tendons</b>	cords that join muscles to bones
<b>joints</b>	areas where two or more bones are fitted together



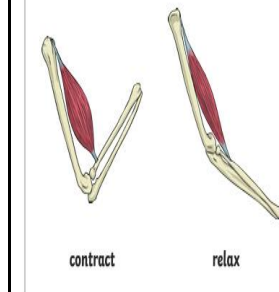
**What the skeletal system is for**

The skeletal system is our superhero team, giving us support to stand tall, protecting our organs like bodyguards, and helping us move with muscles. It's essential for growing up, changing, and making blood that keeps us healthy. Bones also store important minerals, like

calcium. Without our bones, we'd be like jelly! So, our skeletal system is a strong, protective team inside us, ensuring we can do all the fun and amazing things kids love to do!



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



**What muscles are for**

Muscles are like our body's helpers, working together with bones to help us move and play. Imagine muscles as a team of strong friends that make us run, jump, and do all the cool things we love. They are the reason we can give tight hugs, kick a ball, and even smile! Muscles also keep our body warm and help us stay strong. So, muscles are our active buddies, making sure we can have lots of fun and be awesome every day!

**Home Learning Project**

In order to prepare for this exciting unit of learning, your task is to design a project about animals including humans (skeletons, muscle and diet). To make your project, you can use recyclable materials. It can be a poster, booklet, model or anything else you can think of! Be as creative as you like.

**Question to think about**

- Why do we stand up
- What happens when I pull a muscle?
- Are all skeletons the same?

**Bring your project to school on Monday 19<sup>th</sup> February 2024.**

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