

Animals, including humans 1 - Growth

Food Pyramid



Fats and Oils
Meat and Fish
Milk, Cheese and Dairy
Fruit and Vegetables
Bread and Cereal

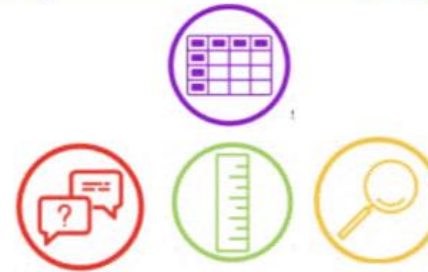
Careers connected to the human body:
doctor, nurse, massage therapist, personal trainer, theatre technician



Working Scientifically Skills

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%



nutrition	food that provides nourishment to live and grow
healthy	being well and fit
protein	a food group, consisting of meat, seafood, eggs, nuts and more, which help the body repair cells
carbohydrate	a food group, including rice, bread and pasta, which give the body energy
dairy	a food group, including cheese, milk and yoghurt, which contains calcium to keeps our bones strong
fat	a food group that are important for energy but only needed in small amounts
exercise	activity requiring physical effort, carried out to improve health and fitness
hygiene	the things you can do to keep yourself and your surroundings clean

Pre-cooked Food



Processed Food



Fresh Food



Frozen Food



Tinned Food



In this unit I will:

- ☐ Learn how that animals, including humans, have offspring which grow into adults.
- ☐ Find out about and describing the basic needs of animals, including humans, for survival (water, food and air).
- ☐ Learn how to describe the importance for humans of exercise, eating the right mounts of different types of food, and hygiene.
- ☐ Use scientific enquiry to perform simple tests, identify and classify and answer questions.

Daily Needs of a Human

