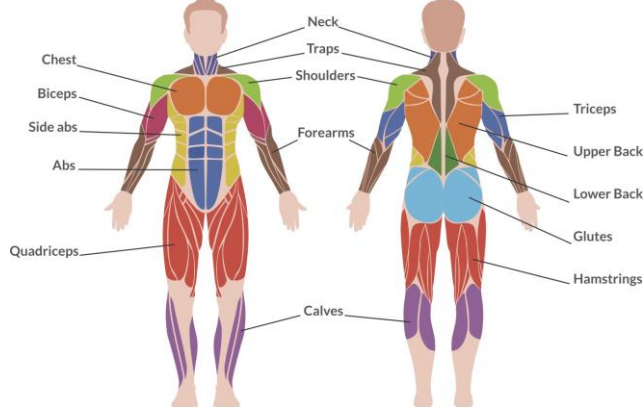


Animals Including Humans

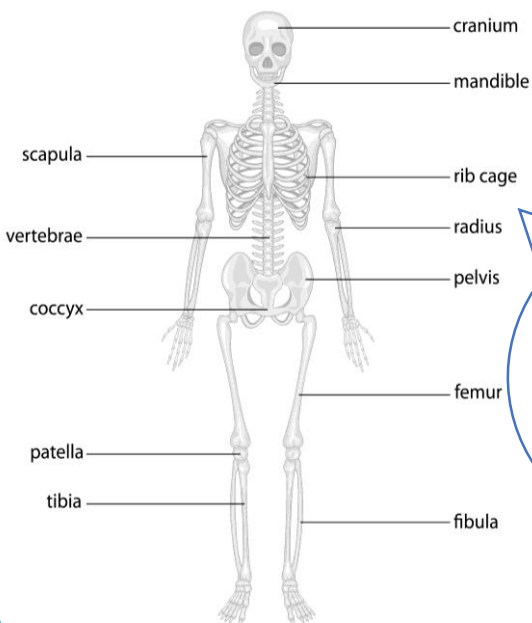
Human Muscles



In this unit I will:

- ❑ Explore the 5 food groups and find out about nutrition in the foods we eat.
- ❑ Learn about different types of skeletons including the human skeleton.
- ❑ Explore the role of muscles in our bodies and why we need them.
- ❑ Record my findings using drawings, labelled diagrams and simple scientific language.

Human Skeleton



Some careers connected to this unit are an anthropologist or orthopaedic doctor

Working Scientifically Skills



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
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

Animal Skeletons



Each serving (150g) contains

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

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal



PROTEIN FOOD



CARBOHYDRATE



MINERAL



FATTY ACID



VITAMIN