Working scientifically:

- Ask questions about animals and carry out practical enquires and fair tests to answer them.
- Make careful observations of animals including humans.
- Gather, record and present data in different ways to show our answers.
- Use scientific language and evidence to explain what we are finding out about.
- Use our results to draw simple conclusions about how animals.

KEY VOCABULARY TO LEARN	
Nutrients	Substances that living things need to stay alive and healthy.
Carbohydrates	A nutrient that provides energy, this can be found in bread and pasta.
Proteins	A nutrient that helps growth and repair, this can be found in eggs and meat.
Vitamins	A nutrient that keep you healthy, this can be found in carrots and plain nuts.
Minerals	A nutrient that keeps you healthy, this can be found in milk and corn.
Fibre	A nutrient that helps you to digest the food that you have eaten, this can be found in wholegrain cereal and wholemeal bread.
Fats	A nutrient that provides energy, this can be found in oil and butter. There are <b>saturated fats</b> this can be found in which are considered to be less healthy that should only be eaten in small amounts, and there are <b>unsaturated fats</b> that give you energy, vitamins and minerals.
Water	Water moves nutrients around your body and helps to get rid of waste, this can be found in lettuce and tomatoes.
Skeleton	An internal or external framework of bone, cartilage or other rigid materials that support or contain the body of an animal. There are three different types of skeletons.
Muscles	Soft tissues in the body that contract and relax to cause movement.
Joints	Areas where two or more bones are fitted together.

- Living things need food to grow and to be strong and healthy.
- Plants can make their own food, but animals cannot.
- To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.



