

## Science Knowledge Organiser Term 5

### Food and our bodies



### Key Objectives

- To understand why food is important and to know what the 5 different food groups are.
- To understand what bones are and why we have them.
- To understand what muscles are, what they do and how they work.

### Key Vocabulary

Energy	All food releases energy when its eaten and digested.
Bones	Hard pieces that are under our skin. They help to support, protect and move our bodies.
Muscles	Muscles are soft bits under our skin. They help to support, protect and move our bodies.

### Sticky Knowledge

- Identify that animals, including humans, need the right types and amount of nutrition.
- Identify that humans have skeletons for support, protection and movement.
- Identify that humans have muscles for support, protections and movement.