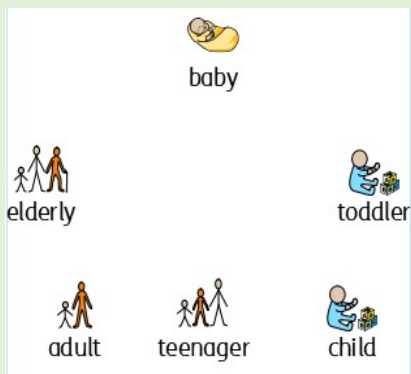


What should I already know?

- There are five types of **vertebrates** (mammals, fish, reptiles, amphibians, birds)
- **Vertebrates** are animals that have a **backbone**.
- Some animals are suitable to be kept as pets but others are not.
- Some animals give birth to live young but others lay eggs.
- Doctors and nurses give us **medicine** when we are poorly.

What will I know by the end of the unit?

- Notice that animals, including humans, have offspring which grow into adults
- Find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.



Assessment – What expected looks like

I have learnt about how babies change as they get older through observations and by asking questions. I can talk about young animals and about how they change. I have developed an understanding of how insects change and I can talk about what humans, and other animals need to survive. I also know how he keeps myself clean and healthy. I can group foods and understand that I need to eat the right amount of different food types.

Vocabulary

healthy	Keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep
diet	Eating a balanced diet means choosing foods in the right amounts from each of the food groups.
off-spring	You can refer to a person’s children or an animal’s young as their off-spring.
exercise	Means to keep your body healthy by running, walking and playing. You will need to feel out of breath if you have exercised properly.
proteins	Protein is a food group which includes meat, eggs, fish, dairy products, nuts and seeds
carbohydrates	Carbohydrates are sugars (such as fructose, glucose, and lactose) and starches, which are found in foods such as starchy vegetables, grains, rice, breads, and cereals.
fats	Fats are found in meat and other animal products, such as butter and cheese.
nutrition	Nutrition is the process by which the body nourishes itself by transforming food into energy and body tissues.
survival	Survive usually means to succeed in keeping alive.
hygiene	Taking care of our body by being clean and making sure we don’t smell.

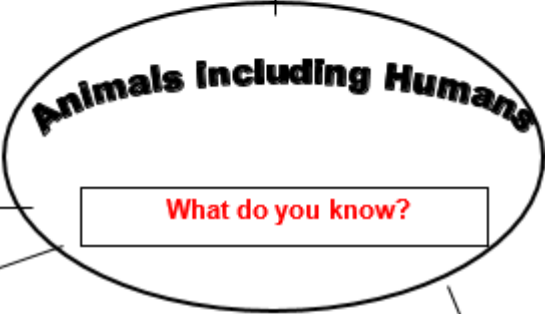
Sticky Knowledge

- Keeping healthy means caring for your body so you have enough energy to learn, play and grow.
- All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others.
- Everyone should have their ‘5 a day’ – this means five portions of fruit and vegetables, to get the right amount of nutrients.
- It’s important not to eat too much sugar and salt: sugary foods are bad for your teeth and can be fattening, and salty foods can lead to heart disease.
- Keep your mouth healthy by brushing and flossing to have clean teeth and gums.
- It’s important to have 30-60 minutes of exercise every day. This can include running around and playing games with friends.

Which animals lay eggs?

Can you name some suitable pets?

Name some different food groups



What is a vertebrate?

What do all animals need to survive?

What does your body need to be healthy?