






Animals including humans Unit 1

Context: animals including humans need nutrients to survive, animals move in different ways

Concept: cell - biology

Facts	Vocabulary
<p>1. Animals cannot make their own food:</p> <p>a) Animals get nutrients from the food they eat</p>	<p>1. muscle – latin name musculus means little mouse</p> <p>2. nutrient – latin name nutrire means to feed, support, nurse and preserve</p>
<p>2. There are seven types of nutrients:</p> <p>a) Water – essential for survival, makes up 60% of human body</p> <p>b) Carbohydrates – gives animals energy and prevents loss of muscle mass</p> <p>c) Protein – building blocks for cells and essential for forming muscles</p> <p>d) Fats – boosts absorption of vitamins and protects the organs of the body</p> <p>e) Vitamins – help the bones grow and support the immune system</p> <p>f) Minerals – helps the body to work properly</p> <p>g) Fibre – helps the digestive system stay healthy</p>	<p>Human skeleton</p>   <p>fish</p>
<p>3. History of the word nutrient:</p> <p>a) In 1650 used as an adjective meaning providing nourishment</p>	
<p>4. Amounts of nutrition:</p> <p>a) A balanced diet is important because the organs and tissues need proper nutrition to work effectively</p> <p>b) A balanced diet includes foods which are low in fat and unnecessary sugars but high in vitamins, minerals and other nutrients</p> <p>c) The following groups are essential as part of a balanced diet- fruits, vegetables, grains, proteins, dairy and oil</p> <p>d) 20 % of water intake comes from food sources</p>	<p>reptile</p>  
<p>5. Most animals including humans have a skeleton and muscles:</p> <p>a) A skeleton is a framework of bones</p> <p>b) Muscle is a soft tissue that produces force and motion and maintains the position of parts of the body.</p> <p>c) Muscles are joined to bones by tendons</p>	<p>bird</p> <p>amphibian</p>
<p>6. The major functions of skeletons and muscles are:</p> <p>a) to support the body</p> <p>b) protect the organs</p> <p>c) help the body to move</p>	
<p>7. Names of major muscles and bones</p> <p>a) Muscles – biceps, triceps and quadriceps</p> <p>b) Bones - clavicle, pelvis and sternum</p>	
<p>Youtube:</p> <p>www.youtube.com/watch?v=floBoGSPkws – basic anatomy</p> <p>https://www.bbc.com/bitesize/articles/zpbxb82 - how do your muscles work</p>	<p>THE MAJOR MUSCLE GROUPS</p> 