


Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: – Science - Unit 1&2/6 Humans and Evolution (nutrition) Year A phase 2 NC/PoS:	
<ul style="list-style-type: none">• identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat• identify that humans and some other animals have skeletons and muscles for support, protection and movement.	
Prior Learning (what pupils already know and can do) All animals produce offspring. All animals need food, water, air, shelter. Know exercise is important. There are different types of food: dairy, fruit and vegetables, carbohydrates, fats, and proteins. know important to eat a variety of food and have good hygiene	
End Goals (what pupils MUST know and remember) <ul style="list-style-type: none">• Know the right food is important for a healthy body• Know animals, get their nutrients from what they eat• Know all animals, need the right amount of nutrients from the food they eat• Know carbohydrates and fats provide energy, proteins help with growth and repair, vitamins and minerals keep cells healthy, fibre helps food move through the gut and 70% of the body is water• Know the skeleton does three jobs: protecting the body parts, supporting the body, and letting the body move.• Know bones, have joints so the skeleton can bend.• Know muscles and joints allow movement• Know muscles are soft tissues that are joined to bones and always work in pairs.	
Key Vocabulary: muscles, tendons, skeleton, protective, support, vertebrates, ribcage, spine, balanced diet, healthy, nutrients, carbohydrates, fibre, vitamins, minerals, fats, protein, sugars, joints	
Curriculum Connections <ul style="list-style-type: none">• Mathematics: Measures – grams, millilitres. Fractions – 'eatwell' plate• PSHE: Promoting healthy eating and exercise habits.• English: expanded noun phrases	
Career Opportunities <ul style="list-style-type: none">• Nutritionist: Advises on balanced diets and nutrition plans.• Orthopedic Specialist: Treats bone and muscle-related conditions.• Doctor, nurse, pharmacist help to keep body healthy• Sports Scientist: Examines how nutrition and movement impact performance.	
Session 1: review prior learning What do all animals need? Why is exercise important? Name different types of food. Introduce career scientist https://pstt.org.uk/application/files/3516/4572/2477/Protein_Biochemist_-_Dr_Gulin_Guler-Gane_-_v2.pdf Show De Vinci's Vitruvian Man – He was fascinated by nature and	
	anatomical drawing of human body. spent time studying the human body.
Session 2: Recap: Name three foods that are dairy, carbohydrates, contain fats and protein <u>LO: to research different nutrients</u> Children research carbohydrates, proteins, fats, fibre, minerals and vitamins and examples of food that provide them. Seven types of nutrients: a) Water – essential for survival, makes up 60% of human body	

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<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>NB. A piece of food will often provide a range of nutrients. Animals, including humans, cannot create their own food, so must consume plants and/or other animals to obtain energy and nutrients. A balanced diet is one that contains the right nutrients in the right quantities, and should include carbohydrates, proteins, fats, minerals, and vitamins.</p> <p>Nutrients, carbohydrates, protein, fats, vitamins</p> <p>Vocabulary: nutrients, fibre, vitamins, minerals, fats, protein, sugar</p>
<p>Session 3: Recap: the 7 nutrients and what they do for the body</p> <p><u>Lo: to design a healthy meal that contains the right nutrients</u></p> <p>Design a meal showing food groups</p> <p>Vocabulary: balanced diet, healthy</p>
<p>Session 4: Recap: Match the food to the nutrients</p> <p><u>LO: to research and compare fats and sugars on food packaging</u></p> <p>Compare food by looking at 100g serving.</p> <p>Vocabulary: balanced diet</p>
<p>Session 5: Recap: Parts of the body linked to senses</p> <p><u>LO: to understand the function of a skeleton</u></p> <p>https://www.youtube.com/watch?v=WGd8_hZwnsA</p> <p>www.youtube.com/watch?v=fIoBoGSPkws – basic anatomy</p> <p>a) to support the body</p> <p>b) protect the organs</p> <p>c) help the body to move</p> <p>Name some of the major bones.</p> <p>Also look at skeletons of a variety of animals and group them</p> <p>N.B. An endoskeleton is an internal skeleton like in vertebrates. An exoskeleton is the external skeleton that supports and protects an animal's body like in ants, bees, crabs</p> <p>Vocabulary: skeleton, protective, support, vertebrates, ribcage, spine, joints</p>
<p>Session 6: Recap: what are an exoskeleton and endoskeleton? What is their function?</p> <p>Name 3 bones</p> <p><u>Lo: To understand how muscles work</u></p> <p>https://www.youtube.com/watch?v=3haTJC0kyxA how bones and muscles work</p> <p>https://www.bbc.com/bitesize/articles/zpbxb82 - how do your muscles work</p> <p>Muscle is a soft tissue that produces force and motion and maintains the position of parts of the body.</p> <p>Muscles are joined to bones by tendons</p> <p>Vocabulary: muscles, tendons,</p>