



Lesson Sequence



1. Explore the 5 key food groups



2. Learn about the nutrition in the food we eat



3. Learn about the different types of skeletons



4. Learn about the human skeleton

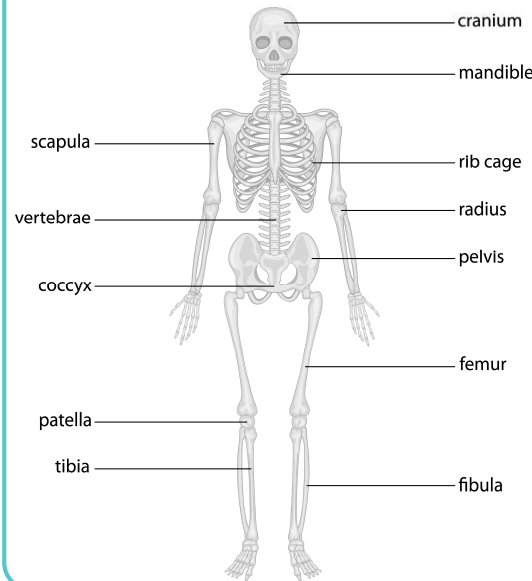


5. Learn about animals and their skeletons

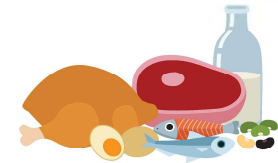


6. Explore the role of muscles

Human Skeleton



5 Food Groups



PROTEIN FOOD



CARBOHYDRATE



MINERAL



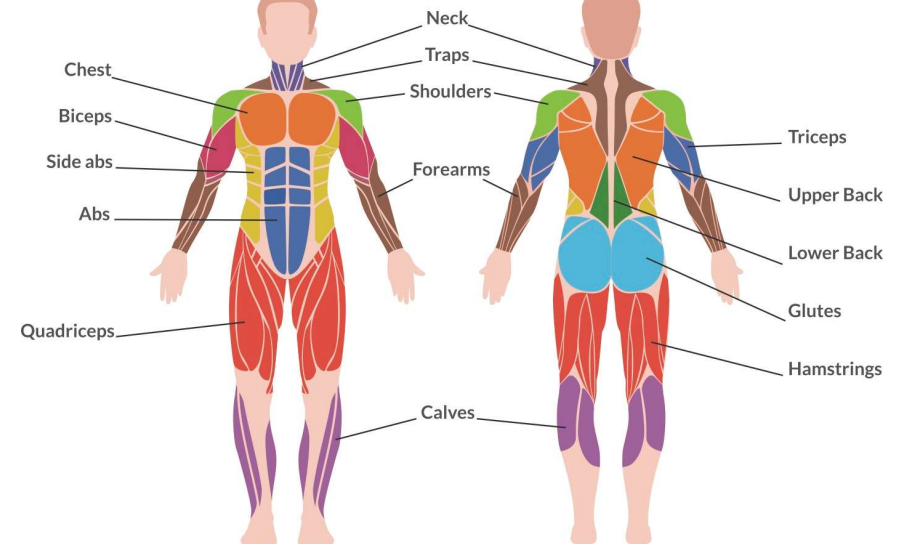
FATTY ACID



VITAMIN



Human Muscles



Animal Skeletons





Rocket Words

	vitamin	found in foods and are essential for the body's growth, repair and building immunity
	mineral	found in foods and help build strong bones and teeth
	nutrition label	gives information about what the food contains
	balanced	in good proportion
	endoskeleton	animals with skeletons inside their body
	exoskeleton	animals with skeletons outside their body
	radius	one of the bones found in the lower arm
	tibia	one of the bones in the lower leg
	rib cage	the structure of bones protecting the lungs and heart
	spine	the structure of bones that runs up the centre of the back
	hamstrings	muscles that run down the back of the leg
	biceps	muscles found in the upper arm