

Biology – Humans - Food

Prior Learning

- Begin to identify some foods that are healthy and some that are unhealthy.
- Identify and name the basic parts of the human body – head, hair, eyes, nose, ears, mouth, teeth, arms, hands, fingers, tummy, knees, legs, feet and toes
- Start to notice some changes that take place in the body when exercising when they are pointed out by an adult.

Concepts

5 Part plate – looking closely and recording what is seen.

Food groups - A sensible guess based on information you already know.

Healthy / Unhealthy foods – The need to eat the right amounts of different types of food

Key Vocabulary

Images, icons and maps.

Carbohydrates

Rice, bread, pasta – slow energy foods

Protein

Meat, fish, nuts – food for growth

Minerals

Fruits and vegetables – foods for healthy development

Healthy

Keeping your body working at its best

Unhealthy

Poor health

Characteristics

Features, look, taste, smell

Key Facts

Animals including need food, water and air to survive

Food comes from different sources

Food is needed for different parts of the body

There are different food groups

