Knowledge Mat - Animals including humans

Sticky Knowledge

- ❑ I know that humans have bones and muscles for support, protection and movement.
- ❑ I know that some animals are vertebrates, invertebrates, exoskeleton or have no skeleton at all.
- ❑ I know that animals, including humans, need the right type of nutrition.
- ❑ I know and can name the five main food groups.
- ❑ I know the importance of a nutritious, balanced diet.
- ❑ I know how nutrients and water are transported within animals and humans.

Subject Specific Vocabulary

healthy	in a good physical and mental condition
nutrients	substances that living things need to stay alive and healthy
energy	strength to be able to move and grow
saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts
unsaturated fats	fats that give you energy, vitamins and minerals
vertebrates	animals with backbones
invertebrates	animals without backbones
muscles	soft tissues in the body that contract and relax to cause movement
tendons	cords that join muscles to bones
joints	areas where two or more bones are fitted together





