'How can we bring legends to life?'

KEY FACTS

- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

Key Vocabulary

healthy	in a good physical and mental condition
nutrients	substances that animals 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

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste

Oracy focus:

How do you keep your body healthy?

What food groups do you eat each day?

Create a myth together based in your local area.

Cornish myths and legends we will be focusing on this term:

Jack the Giant Killer
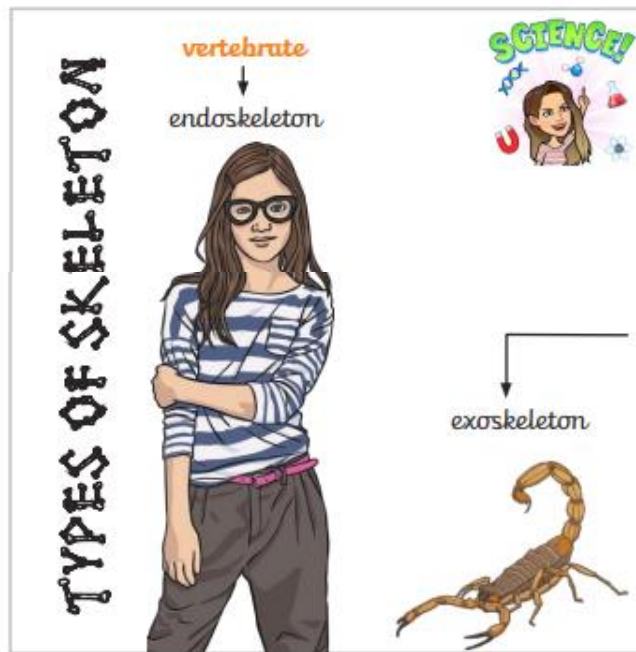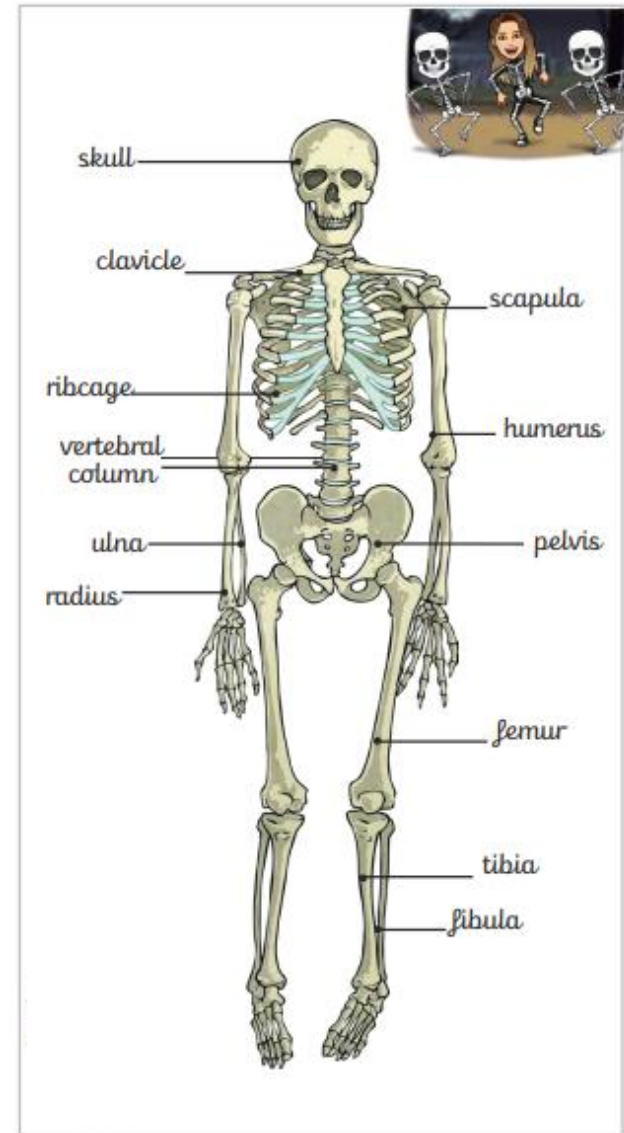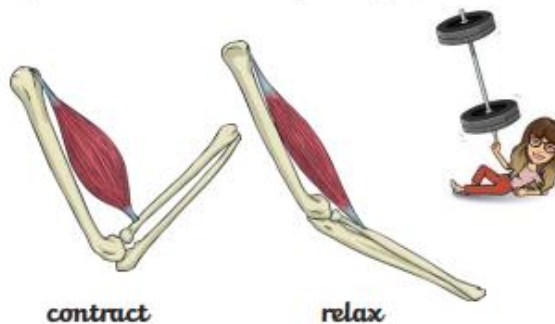
The Mermaid of Zennor

The Mousehole Cat

King Arthur

What should I already know:

The importance of exercise for humans.

What makes a healthy diet.

The basic needs of humans and animals for survival.

Key Vocabulary

vertebrate	animals with backbones
invertebrate	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

Skeletons do three important jobs:

- **protect** organs inside the body;
- allow **movement**;
- **support** the body and stop it from falling on the floor.

Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).

contract   **relax**

TYPES OF SKELETON

vertebrate
↓
endoskeleton

SCIENCE!

invertebrate

exoskeleton   hydrostatic skeleton

skull

clavicle

scapula

ribcage

humerus

vertebral column

ulna

pelvis

radius

femur

tibia

fibula