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**Focus Scientist: Marie Curie** was a Polish and naturalised-French physicist and chemist who conducted pioneering research on radioactivity. She was the first woman to win a Nobel Prize.

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| **Question for Learning;****What is the role of a skeleton?*** Animals can be grouped into 2 groups. **Vertebrates** – an animal with a backbone. **Invertebrates**- an animal without a backbone.
* Animals with a backbone have an endoskeleton. An endoskeleton is a skeleton on the inside of the body.
* Animals without a backbone have an exoskeleton or no hard skeleton. An exoskeleton is a skeleton on the outside of the body.
* A joint is where more than one bone meets, allowing a range of movement.
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| **Question for Learning;****Can you recognise the main bones in the body?*** A skeleton provides support, movement and protection.
* The ribcage protects the heart and lungs and the skull protects the brain.
* We can use a measuring tape to measure the length of our bones.
* Some of the main bones in a skeleton: skull, spine, ribs and pelvis.
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| **Question for Learning;****How do muscles help us move?*** Humans have over 600 names muscles in the body. There are 3 types: skeletal muscle, smooth muscle and cardiac muscle.
* Some of the main joints in a body are: elbow, wrist, knee, shoulder.
* A conscious muscle: bicep.
* A subconscious muscle: heart, small intestine, stomach, blood vessels.
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| **Question for Learning;****How is food an essential energy source for animals?*** Diet is what an animal usually eats.
* In a food chain, producers are at the start; arrows moving up the food chain; each living things eats the one before it.
* A carnivore and omnivore both eat meat. A herbivore and omnivore both eat plants.
* Adults need a larger energy demand than children.
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| **Question for Learning;****What are the main nutrient groups?*** The main nutrient groups: carbohydrates, protein, fats and oils, fibre, vitamins, minerals, water.
* Food in the diary food group are a good source of calcium.
* Diary food contain milk e.g. yoghurt and cheese.
* Carbohydrates and fats give us energy.
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| **Question for Learning;****What makes a balanced diet?*** In 1929, a Nobel Prize was awarded to two scientists for their discovery pf vitamins.
* The scientists were Christiaan Eijkman and Sir Frederick Gowland Hopkins.
* Flemmie Pansy Kittrell was the first African- American woman to earn a PHD in nutrition.
* We should have lots of fruit and vegetables in our diet as they contain fibre, carbohydrates, vitamins and minerals.
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| **Key Words** |
| Endoskeleton | A skeleton on the inside of the body. |
| Exoskeleton | A skeleton on the outside of the body.  |
| Balanced diet | A diet that includes all seven nutrient groups in the right amounts.  |
| Muscle | Something that can shorten and cause movement.  |
| Nutrient | A substance that is essential for survival and growth.  |
| Protection | Keeping something safe.  |

