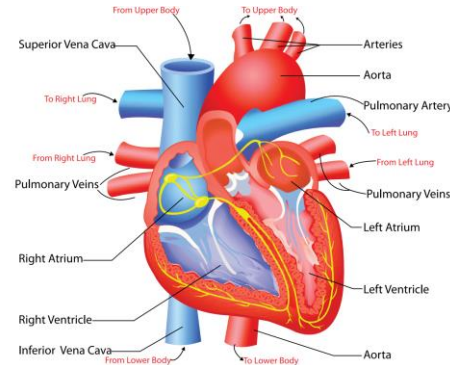




Key Facts	Map/Timeline/Diagram											
<ul style="list-style-type: none">-Being deficient in any vitamin can cause health problems.-There are two different types of carbohydrates. Simple carbohydrates are sugars. The other type of carbohydrates are starches.-Protein is found in foods such as meat, fish, eggs, seeds, nuts, dairy products (such as milk, cheese and yoghurt) and lentils.-The main function of fibre is to keep the digestive system working properly.-Fats have a lot of functions in our bodies. They are a source of energy which is used when blood sugar levels are low.-Minerals are substances that are found in soil or water and are absorbed by plants or animals.-When you digest food, your small intestine absorbs the nutrients from your food and passes them into the blood stream.-The main function of the lungs is to breathe in oxygen (O2) and breathe out carbon dioxide (CO2).- The function of the heart is to pump blood around the body so that the oxygen in the blood (taken from the lungs) can be delivered to the rest of the body.-This diagram shows the different chambers, veins and arteries that make up the heart.-Muscles come in three groups – Smooth, Cardiac and skeletal.	<table><tr><td>Iron</td><td>Iron is important as it helps the blood to carry oxygen to the different parts of the body. Without enough iron you will feel very tired. Iron is found in foods such as red meat, fish, lentils, beans, spinach and raisins.</td></tr><tr><td>Calcium</td><td>You need calcium to grow strong, healthy bones and teeth. It is important to have lots of calcium particularly when you are young and your bones and teeth are still growing. Calcium is found in dairy products such as milk, cheese and butter.</td></tr><tr><td>Magnesium</td><td>Magnesium has lots of functions in the body. It helps the muscles and nervous system to function properly as well as keeping your heart beating steadily. Magnesium is mainly found in wholegrain foods, nuts, seeds, bananas and avocados.</td></tr><tr><td>Zinc</td><td>Zinc helps your body and its organs to grow and repair themselves properly. Without zinc your body would have difficulty in healing cuts and scrapes. Zinc is found in meat, fish, nuts and dairy products.</td></tr><tr><td>Potassium</td><td>Potassium helps your body to regulate the level of blood and water in body tissue. Potassium is found in citrus fruits (such as oranges and lemons), broccoli, bananas, potatoes, peas and leafy vegetables.</td></tr></table>	Iron	Iron is important as it helps the blood to carry oxygen to the different parts of the body. Without enough iron you will feel very tired. Iron is found in foods such as red meat, fish, lentils, beans, spinach and raisins.	Calcium	You need calcium to grow strong, healthy bones and teeth. It is important to have lots of calcium particularly when you are young and your bones and teeth are still growing. Calcium is found in dairy products such as milk, cheese and butter.	Magnesium	Magnesium has lots of functions in the body. It helps the muscles and nervous system to function properly as well as keeping your heart beating steadily. Magnesium is mainly found in wholegrain foods, nuts, seeds, bananas and avocados.	Zinc	Zinc helps your body and its organs to grow and repair themselves properly. Without zinc your body would have difficulty in healing cuts and scrapes. Zinc is found in meat, fish, nuts and dairy products.	Potassium	Potassium helps your body to regulate the level of blood and water in body tissue. Potassium is found in citrus fruits (such as oranges and lemons), broccoli, bananas, potatoes, peas and leafy vegetables.	
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Key Learning:	Prior Learning:	Books for support/ Enrichment Opportunities:										
<p>To find out how scientific ideas about food and diet were tested in the past and how this has contributed to our knowledge of a balanced diet.</p> <p>To investigate some different food groups and find out why a variety of foods is important for a healthy diet.</p> <p>To find out how nutrients and water are transported in the human body.</p> <p>To investigate what happens to the heart when we exercise and why.</p> <p>To investigate how muscles move the skeleton and how muscle activity requires increased blood flow.</p> <p>To investigate the effects of tobacco, alcohol and other drugs.</p> <p>To evaluate what we can do to keep our bodies healthy.</p>	<ul style="list-style-type: none">• We know that we have to eat a balanced diet which includes a variety of foods from different food groups.• Humans breath in Oxygen which we need to live.• The heart, an organ, pumps blood around the body.• Muscles make us move.• Drugs can harmful and helpful depending on the type.											

Subject Specific Vocabulary	
Key word	Definition
Arteries	A blood vessel that carries blood from the heart to tissues and organs in the body.
Veins	A vein is one type of blood vessel that has the job of carrying deoxygenated blood away from the body's tissues and back to the heart.
Carbohydrates, proteins, fats.	3 main nutrients found in food and water.
Minerals	Solid substances that occur naturally.
Sugars	Sugar is the generic name for sweet-tasting, soluble carbohydrates, many of which are used in food.
Oxygenated blood	blood that has gotten oxygen from the lungs
Deoxygenated blood	refers to the blood that has a low oxygen saturation when compared to the blood leaving the lungs.
Pulmonary vein	A vein carrying oxygenated blood from the lungs to the left atrium of the heart.
Circulatory system	The system that circulates blood and lymph through the body, consisting of the heart, blood vessels, blood, lymph, and the lymphatic vessels and glands.
Drug	A drug is any substance that changes or alters our physical or mental state.