

# SCIENCE: WHAT WOULD YOU NEED TO SURVIVE? (AMAZING BODIES)

## Key Vocabulary

stay alive, survive, food, balanced diet, nutrition, nutrients, fruit and vegetables, carbohydrates, protein, roughage, fibre, sugar, fat, dairy, skeleton, bones, protect, support, move, muscles, joints, ribs, heart, skull, brain, backbone, spine, spinal column, vertebrate, footprint, trail, vitamins, minerals, question, classify, investigation, survey, measure,

## Working Scientifically

We will be recognising and sorting animals into vertebrae's and invertebrates. We shall research and discuss how to maintain a healthy, balanced diet and the nutrients our bodies need. We will group and classify different muscles in the body. To draw conclusions on information gathered in an investigation to see how our bodies affect how good we are at certain activities.

## Must – know knowledge

Humans, like other animals, cannot make their own food. They gain the nutrition they need from the food they eat. It is important to eat the right type of food in the correct proportions in order to stay healthy.

Different types of food give us different nutrients. Most foods contain more than one nutrient and some are much better sources of a particular nutrient than others. For example, meat is a major source of protein and fat; fruit and vegetables are a source of vitamins, minerals, some carbohydrate and roughage. Bread is a source of carbohydrate but it also contains protein and some roughage (especially brown bread).

Carbohydrates give energy to the body which is used for movement and keeping warm. If we do not have enough carbohydrates in our diet we may feel tired. These should make up a third of our diet.

Proteins are essential for healthy growth and repairing our muscles. Without sufficient protein our bodies may not be able to develop strong muscles or repair damaged tissue. These should make up 15% of our diet.

Fats are used to provide energy and to keep us warm, but they are easily stored under the skin and around our internal organs, which can cause obesity and heart disease. Roughage (or fibre) keeps our digestive system healthy.

Diagram: Skeleton



Guideline Daily Amount Values			
Typical values	Women	Men	Children (5–10 years)
Calories	2,000 kcal	2,500 kcal	1,800 kcal
Protein	45 g	55 g	24 g
Carbohydrate	230 g	300 g	220 g
Sugars	90 g	120 g	85 g
Fat	70 g	95 g	70 g
Saturates	20 g	30 g	20 g
Fibre	24 g	24 g	15 g
Salt	6 g	6 g	4 g

## Experiments:

Test to see if there is a pattern between physical attributes and athletic ability.

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