

HUMAN BODY

NEED TO KNOW

Year 1 Body Parts 	Year 2 Growth & Diet 	Year 3 Skeletal system 	Year 4 Teeth and Digestion 	Year 6 Heart and Circulation 
<p>Humans change as they grow up.</p> <p>The body includes arms legs, feet, hands, torso and head.</p> <p>The body has bones, muscles and organs inside the body for different jobs.</p> <p>We have 5 senses</p> <p>We use senses to make sense of the world around us.</p> <p>Sight is one of our senses. We use our eyes to see. Two eyes allow us to see how far things are away</p> <p>Hearing is one of our sense. We use our ears to hear. Two ears allow us to detect where a sound is</p> <p>Sound enters our ears</p> <p>Smell is one of our senses. We use our nose to smell</p> <p>Touch is one of our senses. We can sense feeling in our skin. We usually use our hands touch. Our hands are very sensitive.</p> <p>Hands can feel texture, shape, temperature and pain.</p> <p>Taste is one of our sense. We use our tongue to taste. Our tongue is very sensitive</p>	<p>Humans and most animals need warmth, food, shelter, water and air to survive</p> <p>Babies need help from grown-ups to stay healthy</p> <p>Humans need a healthy diet, including carbohydrate, fats, sugars, protein and dairy</p> <p>Carbohydrate is used for energy in the body</p> <p>Protein is used for growth, building and repairing cells</p> <p>Fat is used for energy in the body. Some fats are unhealthy</p> <p>Sugar is a type of carbohydrate. Eating too much can affect our health</p> <p>Vitamins and minerals help us fight illness. They are found mainly in fruit and vegetables</p> <p>Many children and grown-up do not eat a balanced diet</p> <p>Keeping clean can stop us from becoming ill</p> <p>Bacteria and viruses can be passed from human to human</p> <p>Exercise burns energy in the body. Without exercise, the body stores energy as fat</p> <p>Exercise helps humans and animals to stay healthy.</p>	<p>Humans need a balanced diet and get their nutrition from the food they eat</p> <p>Without a healthy diet, humans can become malnourished or obese</p> <p>The key organs within the body include the heart, brain, stomach, kidneys, liver and intestines.</p> <p>The body has different types of joints to allow certain types of movements</p> <p>Joints have cartilage between the bones to stop them wearing down</p> <p>The spine is made of bones called vertebrae. They contain the spinal cord which delivers messages from the brain around the body</p> <p>The body uses muscles to control movement</p> <p>There are 3 types of muscle: smooth, skeletal and cardiac</p> <p>Muscles work in pairs, contracting and extending to create movement</p> <p>There is a correlation between measurements of different body parts</p>	<p>The teeth are used to break food down into small pieces, ready for digestion</p> <p>There are 3 types of teeth: Molars for grinding, incisors which cut through the teeth and canines for ripping (often meat)</p> <p>The amount of each teeth depends on whether an animal is a herbivore, omnivore or carnivore</p> <p>The tongue mixes the food with saliva which moistens the food and starts to break it down</p> <p>The chewed food is made into a ball called a bolus.</p> <p>The food is swallowed and travels down the oesophagus into the stomach</p> <p>The stomach squashes the food by circular muscles which contract and relax</p> <p>The food in the stomach is mixed with a strong acid that breaks down the food into smaller pieces and begins to be absorbed in the small intestine.</p> <p>The small intestine removed most of the water and nutrients into the blood. It adds bile from the gall bladder to break down fats. It leaves the waste in the small intestine. The small intestine has a huge surface area to aid absorption</p> <p>As the waste enters the large intestine (colon) it becomes more solid. It is squeezed to the rectum, through the anus and is passed as poo</p>	<p>Blood is made up of different parts which perform different functions</p> <p>Blood transports oxygen, nutrients, carbon dioxide and waste products around the body</p> <p>The heart is a type of muscle which delivers blood to the lungs and then around the body</p> <p>The heart has 4 chambers (2 atrium and 2 ventricles) as well as major arteries and veins joining it to the rest of the body</p> <p>The body transports blood within veins and arteries to all respiring cells</p> <p>Arteries are thicker and actively push the blood to the capillaries</p> <p>Veins are thinner and return deoxygenated blood back to the heart. They have valves to stop blood travelling in the wrong direction</p> <p>Lifestyle can affect the way blood travels through the circulatory system</p> <p>Capillaries are where products are passed in and out of the bloodstream. This happens throughout the body</p> <p>Body position can affect the heart rate and how hard it is working (Blood Pressure)</p>

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