

## A Healthy Body (Biology)

Year 5, Autumn Term

<i><b>You will be taught</b></i>	<i><b>You should know</b></i>
that the life processes common to humans and other animals include nutrition, movement, growth and reproduction	the names and positions of the following related organs: brain, heart, lungs, stomach, intestines, liver and kidneys in humans
about the functions and care of teeth	the main kinds of teeth (incisors, canines, pre-molars and molars) and their functions; the effect of bacteria (plaque), fluoride and diet on dental decay; the importance of dental care and hygiene
about the need for food for activity and growth, and about the importance of an adequate and varied diet for health	the value of a balanced diet, composed of <b>carbohydrates, fats, proteins, vitamins, mineral salts, fibre</b> and <b>water</b> , in the maintenance of good health; how to carry out the iodine test for starch
that the heart acts as a pump to circulate the blood through vessels around the body, including through the lungs	the structure of the heart through the use of appropriate models or diagrams; that the heart forces blood around the body to the organs through arteries and that the blood returns to the heart through veins
about the effect of exercise and rest on pulse rate	that during exercise the body needs more oxygen and food to provide the necessary energy, and that this can be demonstrated by comparing pulse rates at rest and after exercise; the effect of exercise on the body and the benefits to health, e.g. reducing obesity, increasing stamina
that humans and some other animals have skeletons and muscles to support and protect their bodies and to help them to move	that animals with internal skeletons are called vertebrates; the role of the skeleton in providing support, protection and movement; the location of the skull, backbone (vertebral column), rib cage, pelvis, collarbone and shoulder blade

[http://www.bbc.co.uk/schools/ks2bitesize/science/activities/health\\_growth.shtml](http://www.bbc.co.uk/schools/ks2bitesize/science/activities/health_growth.shtml)

[http://www.bbc.co.uk/schools/ks2bitesize/science/activities/keeping\\_healthy.shtml](http://www.bbc.co.uk/schools/ks2bitesize/science/activities/keeping_healthy.shtml)