



# LKS2 Science Knowledge and Skills Organiser

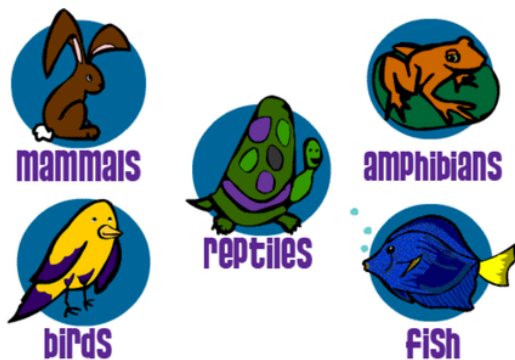
## Power of the Empire

### Key Knowledge and Skills

#### Healthy living:

There are 5 main food groups which we need for a balanced diet: fruit, vegetables, dairy, fats, carbohydrates and protein. These all contain a range of vitamins, minerals and fibres which give us energy.

#### Animal Classification Types:



Within these categories. There are more ways animals can be classified, e.g. vertebrate or invertebrate. (See Key Vocabulary section.)

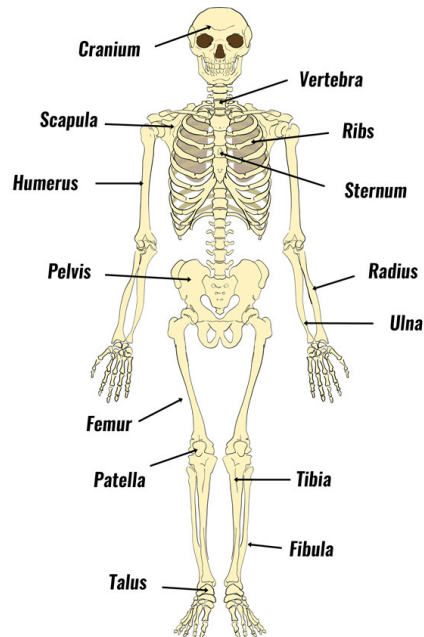
#### Food Chain:

Where a range of products/animals depend on each other as a food source to survive.



A predator is an animal that hunts, kills and eats other animals for food. Prey is a term used to describe organisms that predators kill for food.

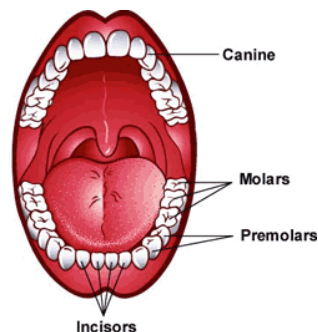
#### Skeleton and Main Muscles:



We will also focus on our main muscles and their location, plus our digestive system. This is where organs that take in food and liquids and break them down into substances that the body can use for energy, growth and tissue repair. Waste products the body cannot use leave the body through bowel movements.

#### Teeth:

We will explore how to keep our teeth healthy through regular brushing, and investigate which foods are not good for your teeth and can lead to tooth decay.



### Key Vocabulary

Word	Definition
Nutrition	You get nutrients from having a good balance of food enabling you to grow and develop. Nutrients include: vitamins, minerals and fibre.
Fruit	Examples: apples, pears, blueberries, strawberries, melons.
Vegetables	Examples: broccoli, sweetcorn, peas, tomatoes, carrots.
Dairy	Examples: milk, cheese, butter, yoghurt, eggs, cream.
Fats	Some foods are higher in fats than others which means you should eat them in moderation (not too much.) Examples: butter, nuts, avocados, oil.
Carbohydrates	Examples: bread, pasta, rice, beans.
Protein	Examples: fish, meat, eggs. (You can get protein replacements which are high in protein if you are vegan or vegetarian, e.g. Quorn, pulses, beans, quinoa, nuts all have higher protein.)
Carnivores	Animals which only eat meat.
Herbivores	Animals which only eat plants.
Omnivores	Animals which eat both meat and plants.
Vertebrate	Animals or mammals with a backbone. Humans, birds, mammals, reptiles, amphibians, and fish are all vertebrates.
Invertebrate	Animals without a backbone, e.g. spiders, worms, snails, lobsters, crabs and insects like butterflies. (Mainly insects!)
Producer	Somebody that creates a product for a consumer (customer.)
Consumer	Somebody who is buying, eating or using the product created by the producer.

