

Starters for Science are 4 activities that parents can use at home to help children develop their science alongside the key learning and vocabulary children are using at school. The activities are easy to resource and provide children with the stimulus to learn and talk about their science topic. Encourage children to use the correct vocabulary as they talk about what they are doing and finding out. Don't forget to share your work on social media

#ScienceFromHome

Key Learning:

Animals, including humans cannot make their own food, they get nutrition from what they eat.

To be healthy, animals, including humans need the right types and amount of nutrition.

There are different food groups:

Fruits and vegetables are good for vitamins, minerals and fibre.

Carbohydrates are a good source of energy.

Dairy foods are a good source of calcium and keep bones strong.

Proteins give us vitamins, minerals and fibre.

Fats give us energy but should be eaten sparingly.

Foods high in fat and sugar are not needed in our diet and should be eaten as a treat.

Humans and some other animals have skeletons and muscles for support, protection and movement.

Some animals have exoskeletons and some have soft bodies with no skeleton or exoskeleton.

Vocabulary:

nutrition

nutrients

carbohydrates

protein

dairy

vitamins

minerals

fibre

fat

diet

skeleton

muscles

protection

support

movement

bones

skull, ribs, spine

How does our body work?

Go outside and use chalk to draw around someone's body. Can you draw the bones and muscles you know in the right positions?

www.stem.org.uk/rx34f3

Different diets

Make a food diary for what you eat in a day. What different types of food do you eat? How could you group them? Do you have a pet? Make them a food diary or research the diet of another animal. How does their diet compare to yours?

Human Body

Ever wondered what is inside the human body?

Here you can look inside and explore the skeleton. See what the key features are and find out how the parts work.

<https://www.stem.org.uk/rx34f3>

Mastering muscles

Muscles work in pairs. Watch this video to see how <https://www.stem.org.uk/rxzf7>.

Try some different body movements at home. Think about where we have pairs of muscles in the body and what they do?