

What should I already know?

- Plants that are deprived of light, food or air will not grow and will die.
- Animals, including humans, need food, water and air to survive
- Animals and humans need food to survive
- The types of food you eat are important
- The basic food groups: fruit and vegetables, carbohydrates, protein, dairy, fat and sugary foods
- More than half of our diet should be made up of carbohydrates, fruit and vegetables
- Fats and sugary foods should be eaten rarely and in small amounts
- People need to exercise often to help their body stay strong and fit
- Keeping clean, including washing and brushing teeth, is an important part of staying healthy

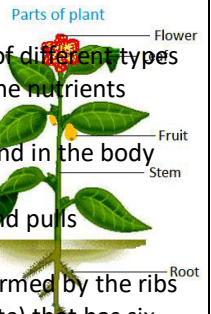
Vocabulary

- extinction** – no more individuals of a species left alive
- fruit** – the sweet and fleshy product of a tree that contains the seeds
- nectar** - a sugar rich liquid which offers nutrition for bees and other animals
- anther** – part of the stamen that contains pollen
- ovary** – part of the plant that holds the ovule
- ovule** – part of the plant that contains the female reproductive cells
- petal** – coloured part of the flower that attracts animals
- pollen** – substance that causes plants to form seeds that is produced in the stamen
- stigma** – female sticky stem that traps pollen for fertilization
- style** – stalk inside the flower that holds the stigma
- stamen** – male part of a flower made up of the filament and the anther (where pollen is produced)
- function** - an activity that is natural to or the purpose of a person or thing

What will I know by the end of this unit?

- Identify and describe the functions of different parts of flowering plants: roots, stem/trunk, leaves and flowers
- Explore the requirements of plants for life and growth (air, light, water, nutrients from soil, and room to grow) and how they vary from plant to plant
- Investigate the way in which water is transported within plants
- Explore the part that flowers play in the life cycle of flowering plants, including pollination, seed formation and seed dispersal
- Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat

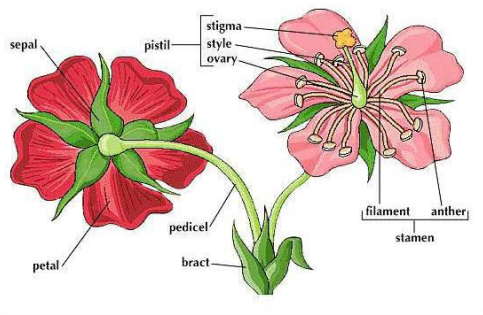
- dispersal** - the movement, spread or transport of seeds away from the parent plant
- fertilization** – when pollen reaches another flower, it travels to the ovary where it fertilises the egg cells to make seeds
- vitamin** – essential for normal growth and nutrition in small amounts
- balanced diet** - a diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.
- cartilage** – firm, flexible connective tissue found in the body
- invertebrate** – an animal lacking a backbone
- contract** – when a muscle becomes shorter and pulls
- loosen** – when a muscle stops contracting
- ribcage** – the bony frame around the heart formed by the ribs
- insect** – a small arthropod (type of invertebrate) that has six legs and generally one or two pairs of wings



Investigate! What can you find out?

- Look closely at plants you see when at home and out and about. Can you find and identify each part we have explored?

Parts of a Flower



Make a food diary and compare it with what you have learned – Do you have a balanced diet? What could you change in your diet to make it even better?