



Knowledge Organiser - Oh Romeo, Romeo... - Class 4

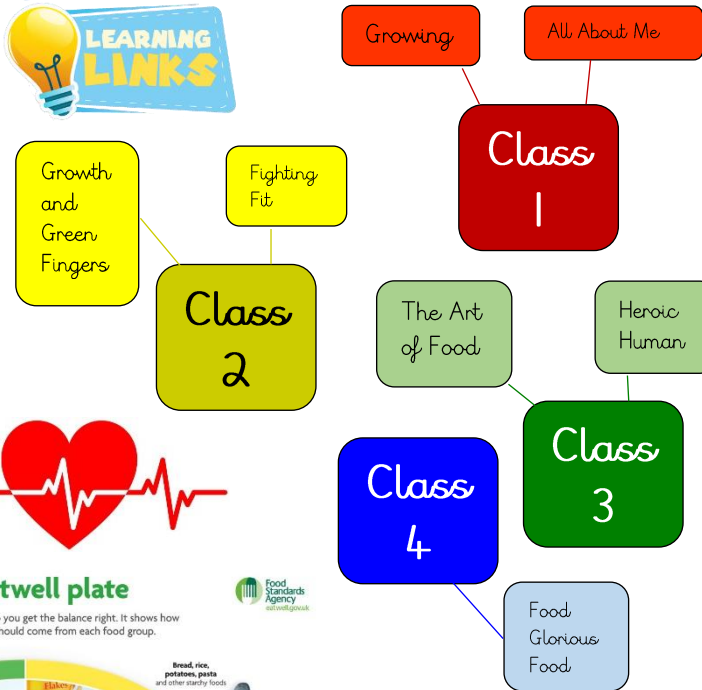


Sticky Knowledge

- ✓ The heart, blood vessels and blood make up the circulatory system in the human body.
- ✓ The heart is a major organ and is a muscle.
- ✓ The heart pumps blood through the lungs to obtain a supply of oxygen.
- ✓ During exercise, muscles need more oxygen, so the heart beats faster- this is an increase in heart rate.
- ✓ Alcohol, tobacco and drugs are harmful to the body.
- ✓ All medicines are drugs, but not all drugs are medicines.
- ✓ Animals are alive; because they move, feed, grow, use their senses, reproduce, breathe/respire and excrete (MRS GREN).
- ✓ Your diet, exercise, drugs and lifestyle affect the way your body functions.
- ✓ A balanced diet includes: carbohydrates, proteins, fats and sugars, milk and dairy and fruits and vegetables.
- ✓ Carbohydrates release energy slowly.
- ✓ Fruits and vegetables give us vitamins and minerals.
- ✓ Proteins help the body to grow and repair damage.
- ✓ Fats and sugars release energy quickly.

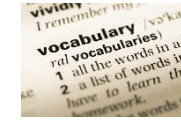
BIG Idea

There are many Heroes and Villains across the World, both fictional and in real life. But in order to function at the optimum level, the body needs certain things. Eating healthily, exercising and maintaining a healthy life style ensures our super powers are ready whenever we need them.



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Vocabulary

- Human**- a culture-bearing primate classified in the genus Homo-sapiens.
- Function**- work or operate in a specific way.
- Circulatory System**- made up of blood vessels that carry blood away from and towards the heart.
- Diet**- the sum of food consumed by an organism.
- Exercise**- bodily activity that enhances or maintains physical fitness.
- Drugs**- a chemical substance that causes a change in the body.
- Lifestyle**- the way a person lives.
- Nutrients**- compounds in foods essential for the body.
- Organ/s**- a group of tissue that serve as a common function.
- Muscle/s**- attached by tendons to bones.
- Blood**- a bodily fluid in the circulatory system of humans.
- Pulse/Heart rate**- the rate at which the heart pumps blood around the body.
- Alive**- the opposite of not living.
- Balanced diet**- eating the correct amount of foods from the 5 food groups.
- Athlete**- a person proficient in a sport/s.
- Food groups**- a group in which foods can be sorted into (5 in total).
- Vitamins and minerals**- nutrients your body needs to function correctly.
- Proteins**- for growth and repair to the body.
- Carbohydrates**- broken down by the body to form energy.
- Fats and sugars**- a food group that provides energy quickly.
- Fruits and vegetables**- provide vitamins and minerals for the body.
- Eat Well Plate**- a guide to show the correct proportions of each food group.