

Eling Infant School Knowledge Organiser: Bodies



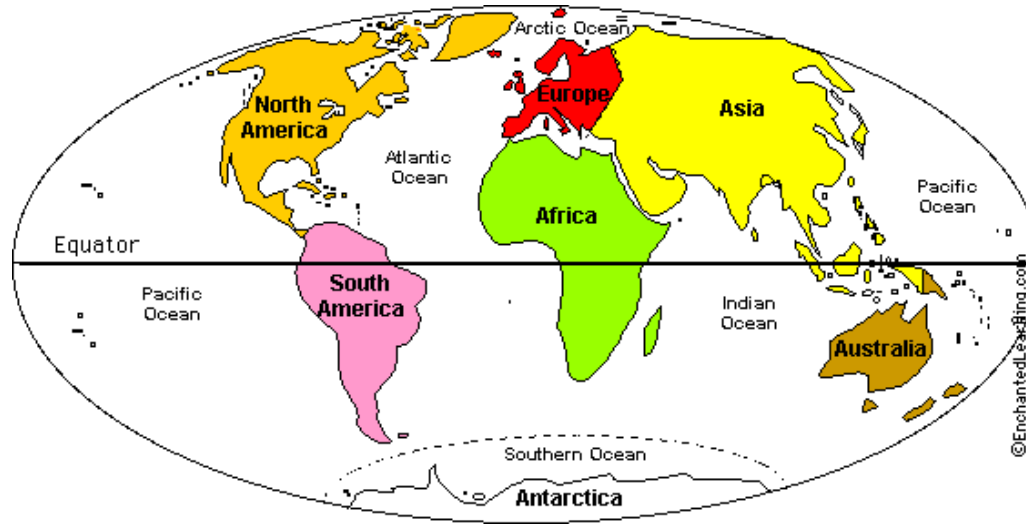
Important People

Mary Seacole



Mary Seacole was a nurse who grew up in Jamaica. She wanted to help during a war in Europe but she was refused. We remember her for her resilience and determination, which lead her to open a hotel near the battlefield to help wounded soldiers.

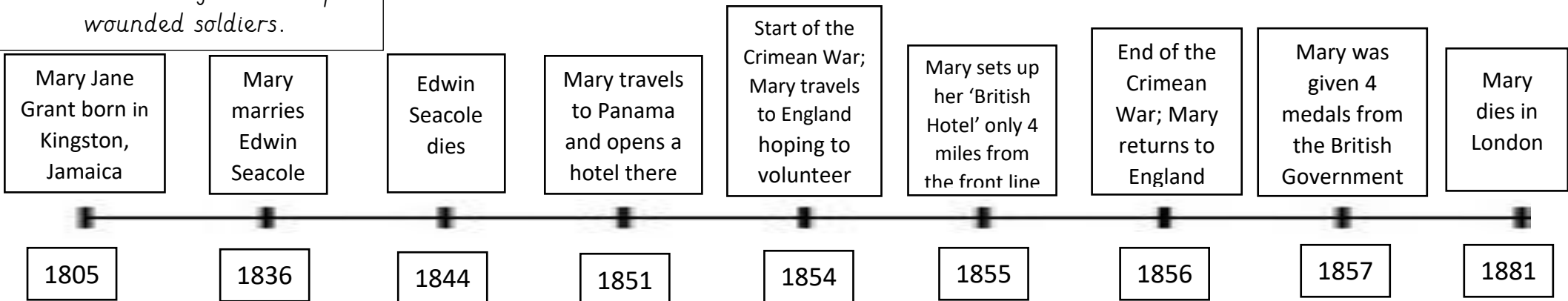
Map of the World with Continents



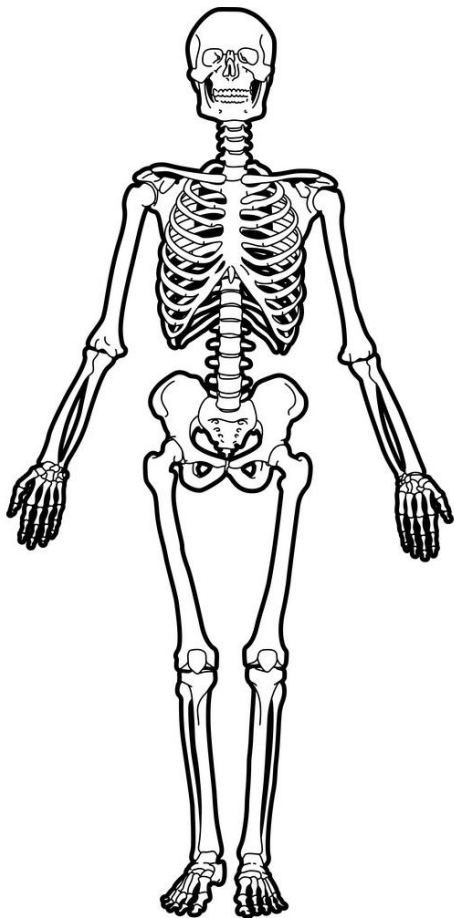
The Healthy Wolf - Story Synopsis

Healthy Wolf is anything but healthy. He loves eating chocolate and crisps but he'd really love to eat tasty children! Luckily, he grows so fat and his teeth go so rotten that all he can eat is porridge. Then he meets the Brownbread family who are determined to get him into shape...

Timeline of Mary Seacole's Life



A Human Skeleton



PSHRE / Growth Mindset

Responsibility

Wellbeing

Healthy

First Aid

Fitness

Looking after our bodies

Science - Healthy Living

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.



Meat, fish, eggs, beans and other non-dairy sources of protein

Foods and drinks high in fat and/or sugar

Milk and dairy foods

Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods



Key Vocabulary

Bones – Hard material that makes up a human skeleton.

Skeleton – Bones inside your body form a structure called a skeleton. The skeleton protects your organs.

Organs – Heart, skin, eyes, lungs and brain are all examples of organs inside animals and humans.

Muscles – Muscles are organs that make your body move.

Exercise – Being physically active.

Healthy – Being well and having good health.

Hygiene – Keeping your body clean and looking after yourself.

Carbohydrates – Foods that gives the body energy.

Protein – Food that helps your muscles grow.

Dairy – Food that gives your body calcium.

Fats – Give you energy but too much is bad for you.

Nutrients – Foods that help you grow.