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| **Lesson 1** | **Lesson 2** | **Lesson 3** | **Lesson 4** | **Lesson 5** |
| **Learning Objectives** | | | | |
| I can sort foods into food groups and find out about the nutrients that different foods provide | I can design a healthy balance meal. | I know that humans and some other animals have skeletons | I can describe the role of the skeleton | I can describe how muscles and our skeleton help us to move |
| **Knowledge Goals**  That humans and other animals get nutrition from what they eat.  That we need the right amounts of nutrition to keep us healthy. | **Knowledge Goals**  Name the major food groups.  That a balanced diet is made of different food groups. | **Knowledge Goals**  Name: skull, spine, rib cage.  Identify skull, spine, rib cage in the skeletons of a variety of animals. | **Knowledge Goals**  That a skeleton gives our body support, protection and allows movement.  Can name some organs and the parts of the skeleton that protect them. | **Knowledge Goals**  That muscles are attached to the skeleton and help us to move |