Achieve at Landscore
Landscore Primary School

Top Ten Vocabulary

life cycle	a series of stages a living thing goes through during its life.
survive	to continue to live or exist.
offspring	the baby of an animal.
metamorphosis	a series of physical changes that some animals go through to become adults.
larva	a young wingless form (as a grub or caterpillar) of many insects that hatch from an egg.
chrysalis	the hard outside covering on a moth or butterfly while it is a pupa, the stage before it becomes an adult with wings.
hygiene	the act of being clean and preserving health.
protein	is essential for building, maintaining and repairing the tissues in our body.
nutrients	a substance that is needed for healthy growth, development and living.
balanced diet	eating foods on a regular basis that provide all the nutrients needed in the right amounts.

Synopsis:

We will start this half term with a special visit from some bottle-fed lambs. The children will be looking at the life cycles of many animals, noticing how their offspring change as they mature into adults. Each class will watch the amazing transformation of caterpillars into butterflies. We will also focus on what animals (including humans) need to survive. After this, we will move on to looking at healthy living; exploring the importance of exercise and a balanced diet. The children will design and perform their own fitness routines. To finish the sequence, the children will be learning about knife skills and food hygiene. They will head to the DT room to create a delicious post-workout fruit kebab.

Key Knowledge

Animals (including humans) need air, water, food, shelter and sleep to survive.

The Eatwell Guide divides the foods and drinks we consume into 5 main groups:

- fruit and vegetables.
- potatoes, bread, rice, pasta and other starchy carbohydrates.
- beans, pulses, fish, eggs, meat and other proteins.
- dairy and alternatives.
- oils and spreads.