



## Lesson Sequence



1. Explore the 5 key food groups



2. Learn about the nutrition in the food we eat



3. Learn about the different types of skeletons



4. Learn about the human skeleton

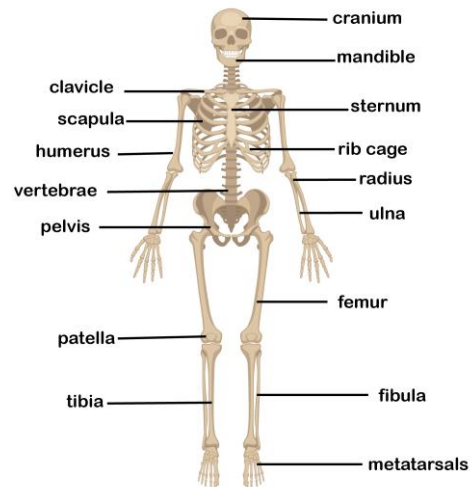


5. Learn about animals and their skeletons



6. Explore the role of muscles

## Human Skeleton



## Animal Skeletons



## 5 Food Groups

protein



carbohydrates



fats and oils



vitamins and minerals

## Human Muscles

