Unit 4 – The Human Body - Check List

Check your learning ! Can you do all the things on the list below ?

I can:

- ❒ name and locate the following bones on diagram or model of the human skeleton: skull, collar bone, breastbone (sternum), ribs, spine (vertebral column), pelvis, humerus, radius, ulna, femur, tibia and fibula.
- ❒ state that the skeleton provides support, protection and allows movement.
- ❒ state that the skull protects the brain and eyes and that the ribs protect the heart and lungs.
- ❒ identify fused, hinge and ball-and-socket joints, describe how their structure affects the type of movement they allow and state where I would find an example of each in the skeleton.
- ❒ state that ligament joins bone to bone.
- ❒ state that tendon joins muscle to bone.
- ❒ draw and label a diagram of a moveable joint to show bone, ligament, cartilage and synovial fluid
- ❒ describe, using biceps and triceps as an example, what an antagonistic pair of muscles are and how they provide for movement.
- ❒ recall that a balanced diet contains 6 components: carbohydrates, fats, proteins, vitamins, minerals and water.
- ❒ name examples of 3 carbohydrates, 2 vitamins and 2 minerals.
- ❒ name possible sources of and functions in the diet of carbohydrates, fats, proteins, vitamins and minerals.
- ❒ state that a balanced diet is one that contains the right amounts of all the food types needed to stay healthy and can draw and label a food pyramid.
- ❒ recall that a boy of my age needs roughly 12,000 kJ (kilojoules) of energy a day and that a girl needs 10,000 kJ and can use the energy labels on food packets with my knowledge of a balanced diet to stay healthy.

- ❒ describe in detail, using a labeled diagram, how to test a food sample for the presence of starch.
- ❒ describe in detail, using a labeled diagram, how to test a food sample for the presence of glucose.
- ❒ describe in detail, using a labeled diagram, how to test a food sample for the presence of protein.
- ❒ describe in detail, using a labeled diagram, how to test a food sample for the presence of fat.
- ❒ describe in detail, using a labeled diagram, how to investigate the conversion of chemical energy in food into heat energy.