

Animals, including humans

	Key Vocabulary
healthy	in a good physical and mental condition.
nutrients	substances that living things need to stay alive and healthy.
energy	strength to be able to move and grow.
saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts.
unsaturated fats	types of fats, considered to be less healthy, that should only be eaten in small amount
vertebrate	animals with backbones.
invertebrate	animals without backbones.
muscles	soft tissues in the body that contract and relax to cause movement.
joints	areas where two or more bones are fitted together.
tendons	cords that join muscles to bones.



Be the BEST you can be

General Knowledge

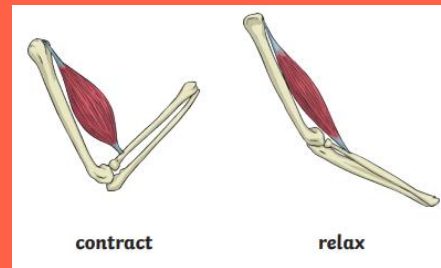
Living things need food to grow and to be strong and healthy.

- Plants can **make their own food**, but animals cannot.
- To stay healthy, humans need to **exercise**, eat a **healthy diet** and be **hygienic**.
- Animals, including humans, need **food**, **water** and **air** to stay alive.

Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

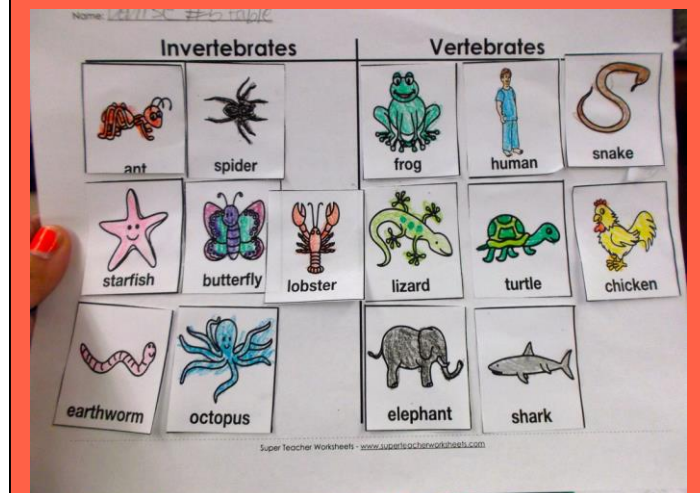
Muscles work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



contract

relax

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste



Did you know?

You and I have a backbone so we're vertebrates!