

Key Content

Identify that animals, including humans, need the right types and amounts of nutrition, and that they cannot make their own food, they get nutrition from what they eat.

Identify that humans and some other animals have skeletons and muscles for support, protection and movement.

Key Vocabulary

Knowledge

Key Facts

Healthy In a good physical and mental condition

Nutrients Substances that living things need to stay alive and be healthy.

Energy **Strength to be able to move and grow.**

Saturated fats Types of fats that are considered less healthy and should only be eaten in small amounts.

Unsaturated fats **Fats that give you energy, vitamins and minerals.**

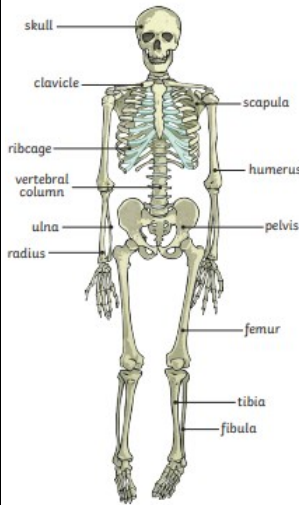
Vertebrate Animals with backbones

Invertebrate **Animals without backbones**

Muscles Soft tissues in the body that contract and relax to cause movement.

Tendons **Cords that join muscles to bone.**

Joints Areas where 2 or more bones are fitted together.



Skeletons do three important jobs:

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

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

Muscles contract and relax.

There are 206 bones in the adult body.

- 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.

There are 3 types of skeletons: endoskeleton, exoskeleton and hydrostatic skeletons.

