

Key Vocabulary		Nutrient	Found in... (examples)	What it does/they do
healthy	in a good physical and mental condition	carbohydrates		provide energy
nutrients	substances that living things need to stay alive and healthy	protein		helps growth and repair
energy	strength to be able to move and grow	fibre		helps you to digest the food that you have eaten
saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts	fats		provide energy
unsaturated fats	fats that give you energy, vitamins and minerals	vitamins		keep you healthy
- 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.		minerals		keep you healthy
		water		moves nutrients around your body and helps to get rid of waste

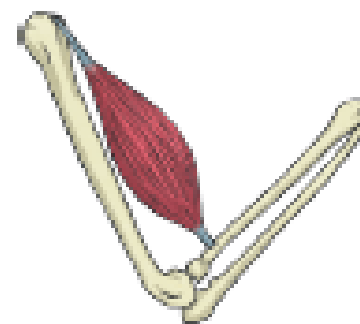
Key Vocabulary

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 bones
joints	areas where two or more bones are fitted together

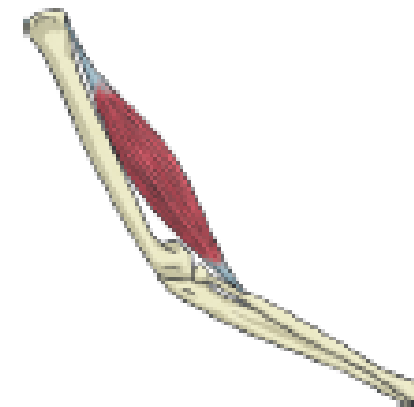
Skeletons do three important jobs:

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

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



contract



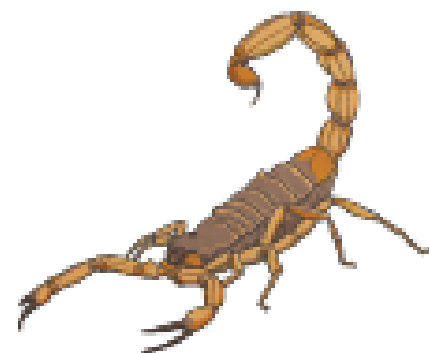
relax

vertebrate
↓
endoskeleton



invertebrate

↓
exoskeleton



↓
hydrostatic skeleton

