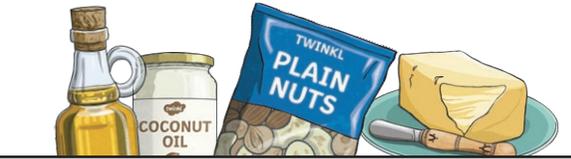
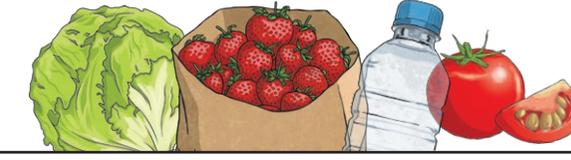


Key Vocabulary	
<b>healthy</b>	in a good physical and mental condition
<b>nutrients</b>	substances that living things need to stay alive and healthy
<b>energy</b>	strength to be able to move and grow
<b>saturated fats</b>	types of fats, considered to be less healthy, that should only be eaten in small amounts
<b>unsaturated fats</b>	fats that give you energy, vitamins and minerals

- 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.

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

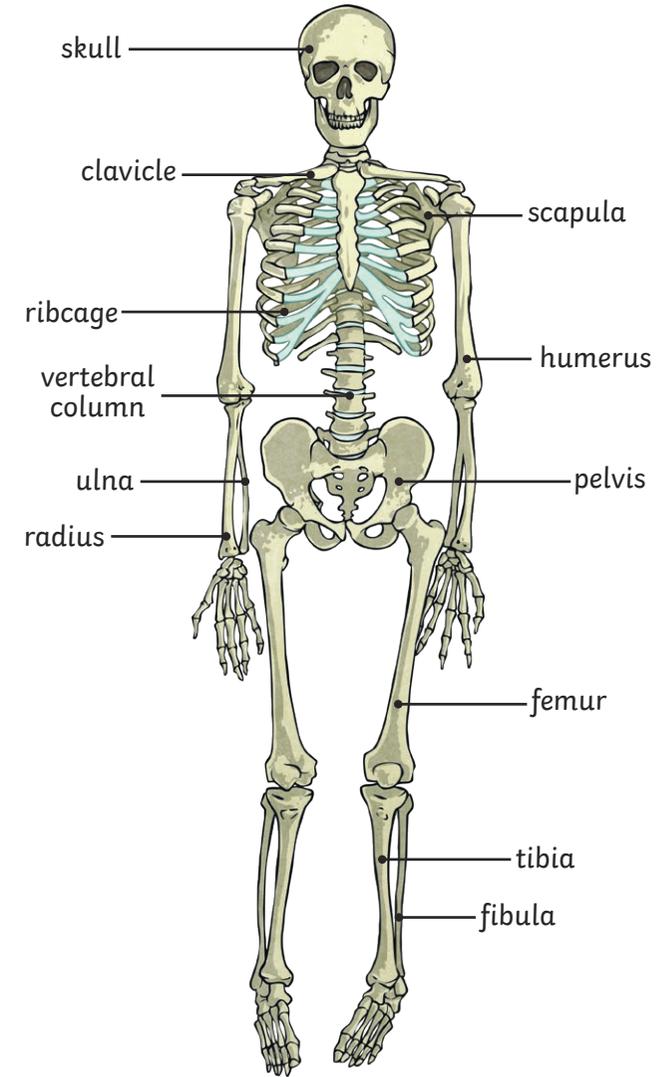
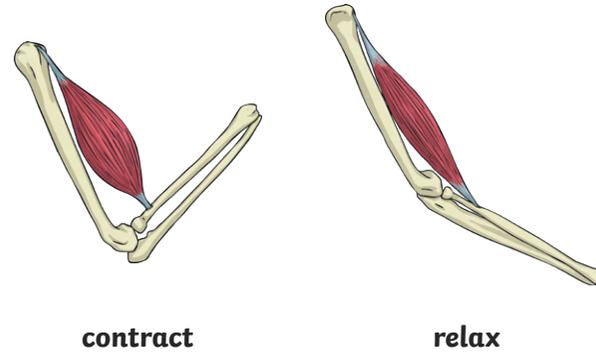
**Key Vocabulary**

<b>vertebrate</b>	animals with backbones
<b>invertebrate</b>	animals without backbones
<b>muscles</b>	soft tissues in the body that contract and relax to cause movement
<b>tendons</b>	ords that join muscles to bones
<b>joints</b>	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).



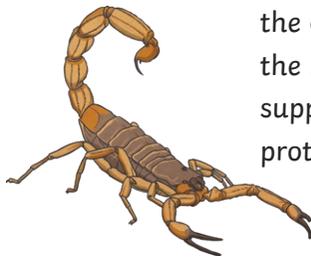
**vertebrate**

**endoskeleton** – a skeleton on the inside of the body that supports and protects it



**invertebrate**

**exoskeleton** – a skeleton on the outside of the body that supports and protects it



**hydrostatic skeleton** – a skeleton made up of a fluid-filled compartment in the body called a coelom, mainly found in soft-bodied animals

