








| 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 | 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 |
|---------------|---|---|
| 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 |

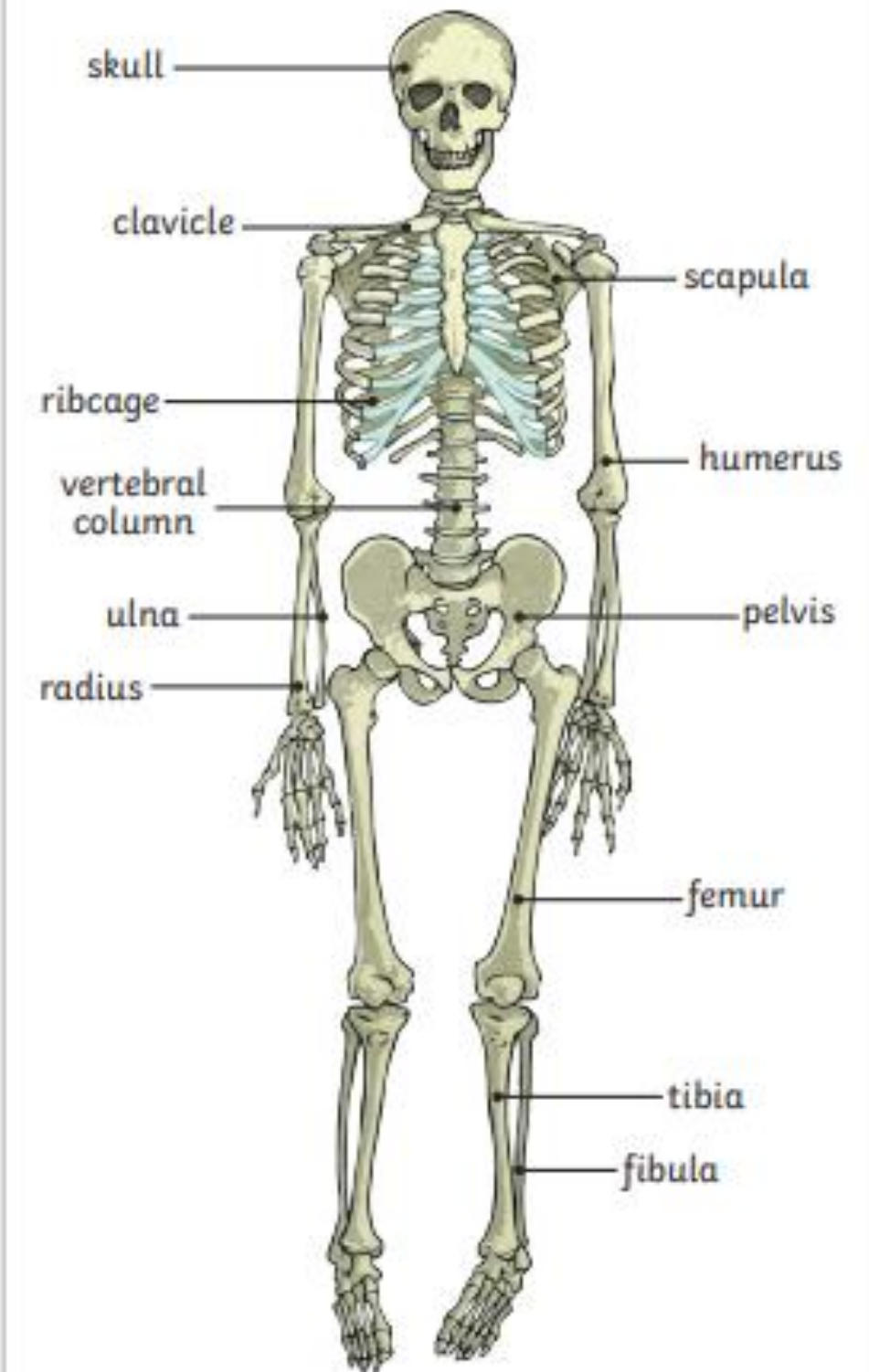
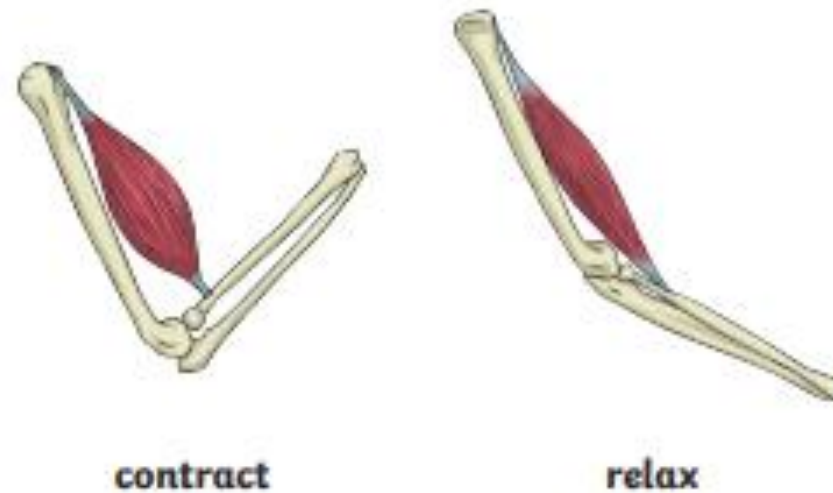
Key Vocabulary

| | |
|---------------------|--|
| 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).



vertebrate

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



invertebrate

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



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

