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| Key Vocabulary |  |
| Healthy | In a good physical and mental condition. |
| Nutrients | Substances that animals 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.**

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| 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. |

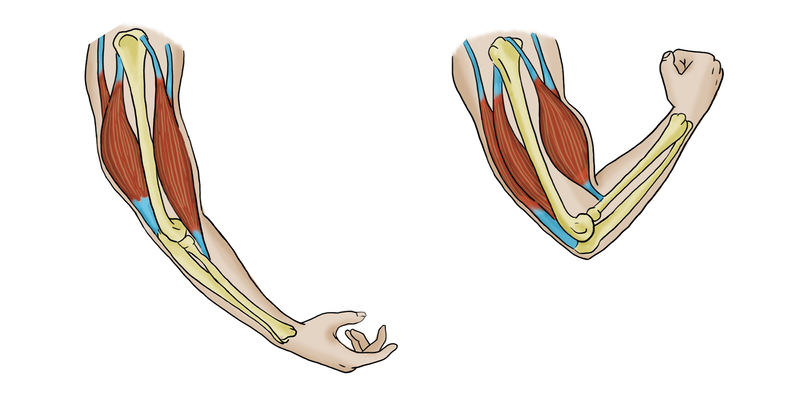
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| Key Vocabulary |  |
| Vertebrate | Animals with backbones |
| Invertebrate | Animals without backbones |
| Muscles | Soft tissues in the body that contract and relax to cause movement |
| Tendons | Cords that join muscles to bones |
| Joints | Areas where two or more bones are fitted together |

Vertebrate

Endoskeleton



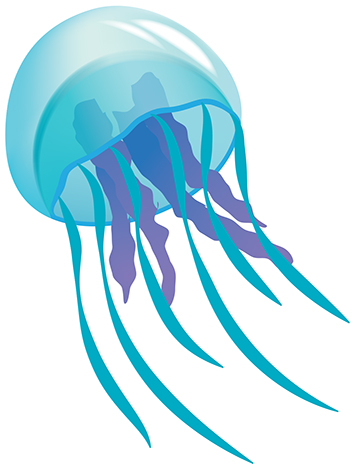
Skeletal muscles work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



Relax Contract

Invertebrate

Exoskeleton Hydrostatic skeleton

Skeletons do three important jobs:

* Protect organs inside the body
* Allow movement
* Support the body and stop it from falling on the floor

