
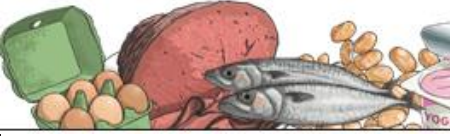









Ready, Steady, Cook!



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

Not all fruits and vegetables can be grown in Britain. Many foods are **imported** from all across the globe. Here are some examples:



- 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.

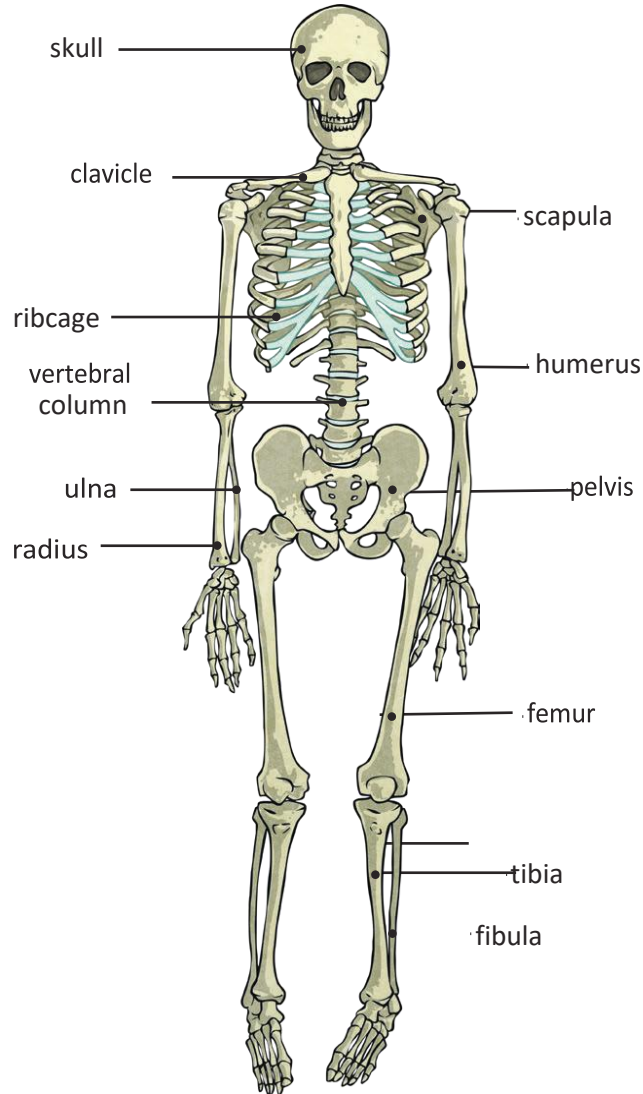
Key Vocabulary	
healthy	in a good physical and mental condition
nutrients	substances that living things need to stay alive and healthy
energy	strength to be able to move and grow
saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts
unsaturated fats	fats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

Skeletons do three important jobs:

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



Fruits and vegetables are full of vitamins, minerals and fibre. These **nutrients** help us to grow, heal, give us energy and keep us healthy.

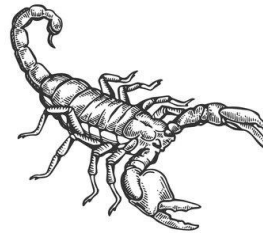


Vertebrate
Endoskeleton - a skeleton on the inside of the body that supports and protects it.

Invertebrates

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



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