

## Key Vocabulary

Nutrition  
Nutrients






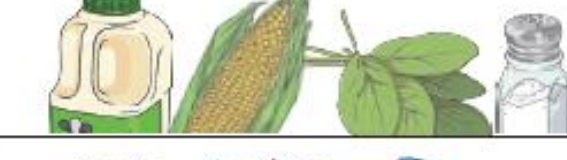

Carbohydrates  
Protein  
Fats  
Fibre  
Water  
Vitamins  
Minerals

Skeleton  
Bones  
Endoskeleton  
Exoskeleton  
Vertebrate  
Invertebrate

- 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 Questions:

1. Can you name any of the food groups?
2. Which bones in your body can you name?
3. Can you explain how muscles work?

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

## Key Vocabulary

Oxygen  
Lungs  
Blood  
Blood vessels

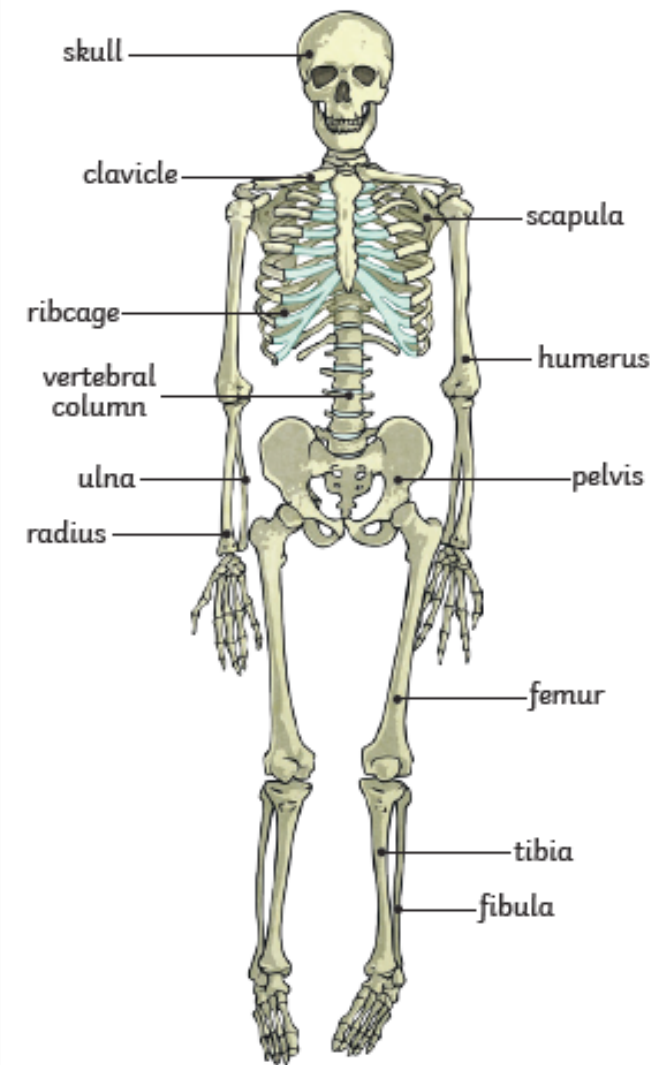
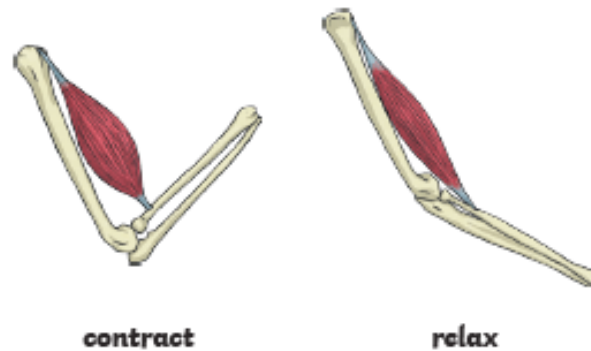
Muscles  
Contract  
Relax

Joints  
Ball joint  
Socket joint  
Hinge joint  
Gliding joint

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

