

Animals including Humans

Biology



What should I already know?

Exercise, eating the right amount of different types of food and hygiene are important.

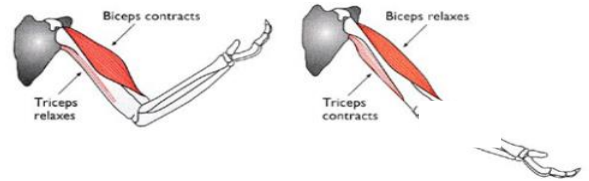
Diagrams



Good health involves eating from the 5 main food groups.



Muscles can contract and relax. When muscles contract, they pull bones together.



Vocabulary



Nutrition



Nutrition is how we get the food we need to grow healthy and strong.

Healthy



Eating the correct foods and exercising often.

Balanced diet



Should contain a variety of foods from the five main food groups.

Vertebrates



Animals with a backbone.

Invertebrates



Animals without a backbone.

Muscles



A tissue in the body that controls movement.

Skeletons



Bones form a framework called the skeleton which supports the body and protects the softer parts.

Bones



Bones provide support for our bodies and help form our shape.

Quick Facts

Animals, including humans need to eat in order to take in nutrients.



The food they eat provides them with energy. The human body needs a balanced diet to work properly.

Eating too much or the wrong food types can make you gain weight and this is unhealthy.

Good health involves drinking enough water and eating the right amount of foods from the different food groups.

The main food groups are:

- **Carbohydrates** give us energy.
- **Proteins** help our bodies to repair themselves.
- **Fats and sugars** help store energy for our bodies.
- **Dairy** contains calcium which is good for your bones.
- **Fruits and vegetables** contain vitamins and minerals.

Humans and many animals have skeletons and muscles to support, protect their body and to help it move.

Invertebrates do not have a backbone and vertebrates have a backbone inside them.

The human skeleton is made of bones.

The skull protects the brain and ribs protect our heart and lungs.

Joints between bones allow movement because the skeleton can bend.

Every time we move our bodies we are using our muscles. Muscles can contract and relax.

When muscles contract, they pull bones together. Muscles are attached to bones by tendons.

Working Scientifically



Questioning, Planning and Enquiring



Investigating



Observing and Recording



Concluding and Evaluating