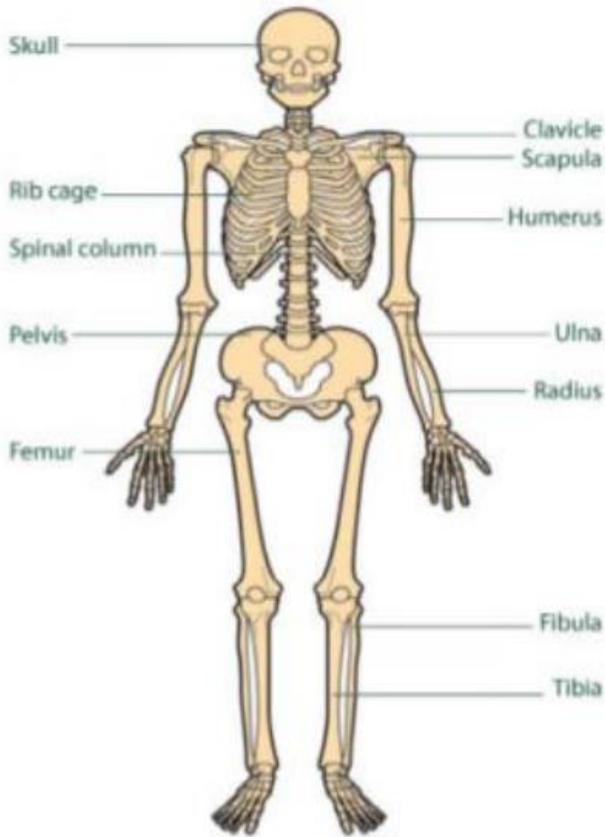


ANIMALS, INCLUDING HUMANS

Can humans make our own food?

NO. Humans gather, grow or hunt their food.



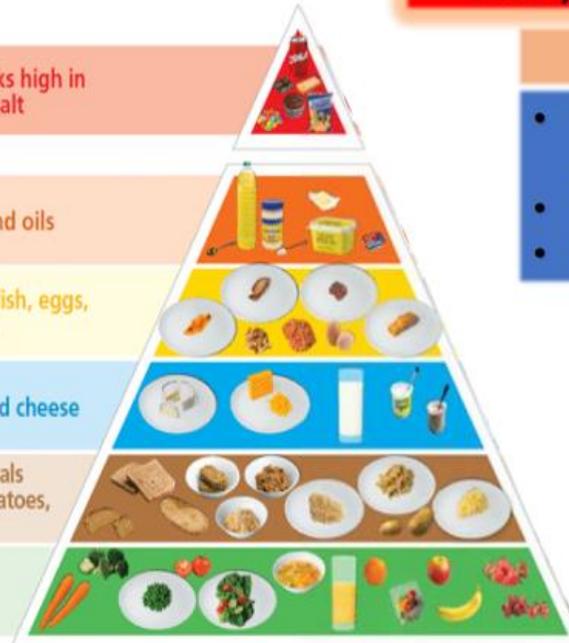
Skeletons

1. Protect our organs
2. Help us to move
3. Support our bodies

To survive animals need: **water, food, air and shelter**

Foods and drinks high in fat, sugar and salt

- Fats, spreads and oils
- Meat, poultry, fish, eggs, beans and nuts
- Milk, yogurt and cheese
- Wholemeal cereals and breads, potatoes, pasta and rice
- Vegetables, salad and fruit



Key Vocabulary

Energy

The property that gives us strength

Nutrition

Food necessary for health and growth

Contract

When a muscle becomes smaller, shorter and tighter

Skeleton

Bones surrounding our important organs

Muscle

A soft tissues in the body that contracts and relaxes to cause movement of the skeleton

Healthy

In good physical condition

Things humans need to be healthy:

- To have a balanced diet of the right amount of different types of food and drink
- To exercise regularly
- To be hygienic

