

What do we need to survive?

Animals, including humans, need to eat to get all the energy and nutrients they need.

Things animals need to survive	Water	Food	Air
Things humans need to survive	Water	Food	Air
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		
What is nutrition?	Nutrition means animals getting the food they need to grow and be healthy		

Skeleton

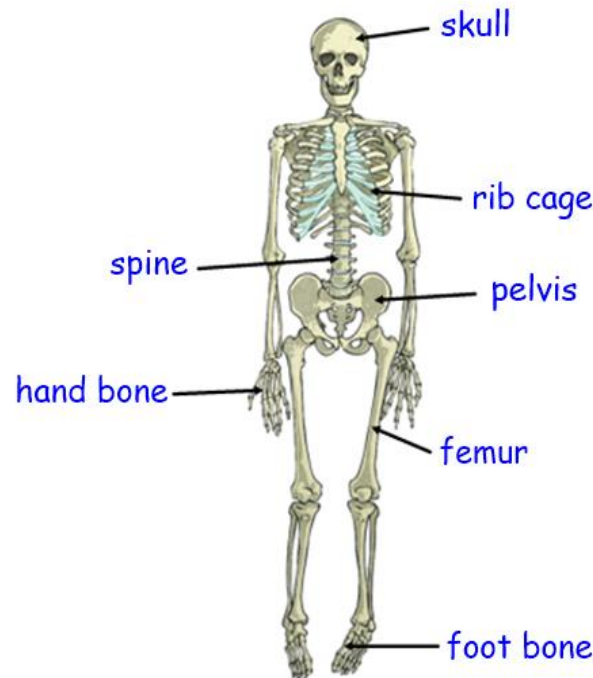
All mammals (including humans), birds, fish, reptiles and amphibians are vertebrates. This means they have a skeleton inside their bodies.

The human skeleton is made of bones and grows as we grow.
Our skull protects our brain and our ribs protect our heart and lungs.

The skeleton bends at joints such as knees and ankles. Joints are where two or more bones join together



The Human Skeleton



Some animals, such as insects, crabs and lobsters, have a skeleton outside their body. Such skeletons are called exoskeletons.

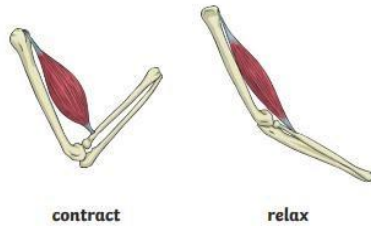


Key Vocab

Vertebrate	An animal with a backbone inside their body
Bones	The hard parts inside your body which form your skeleton
Skeleton	The framework of bones in your body
Backbone (spine)	The column of small linked bones down the middle of your back
Muscle	Muscles move the different parts of your body, inside and outside
Healthy	Well, and not suffering from any illness
Disease	An illness which affects people, animals or plants
Hygiene	Keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases
Exercise	take part in bodily activity for the sake of improving physical fitness
Balanced diet	Choosing foods in the right amounts from each of the food groups

Muscles

Muscles are attached to the skeleton to help us move. They either contract (bunch up) or relax (go back to normal) to move the bones



Nutrition

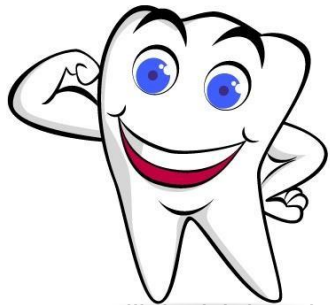
Nutrition means animals getting the food they need to grow and be healthy

Humans and animals can't make their own food. They get food by either growing it, hunting it or gathering it.

Humans can grow their own food by planting seeds that they later harvest.

Humans can hunt other animals to eat.

Humans can find foods grown in the wild to eat.



Milk is rich in calcium which helps to build strong teeth and bones



Sugar forms an acid in your mouth that causes tooth decay



Balanced Diet

The human body needs a **balanced diet** to work properly. Good health involves drinking enough water and eating the right amount of foods from the different food groups:

Carbohydrates give us energy. They are found in foods such as bread, potatoes and pasta.

Proteins help our bodies to repair themselves. They are found in foods such as fish, meat, nuts, seeds, eggs and cheese.

Fats help store energy for our bodies. They are found in foods such as butter, cheese and fried foods.

Fibre is important for helping us digest our foods. It's found in fruit and vegetables.

