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

- 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.

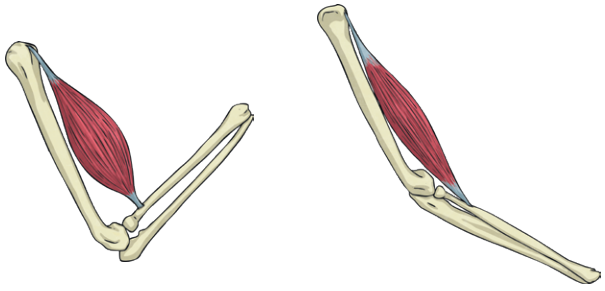
Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide **energy**
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide **energy**
vitamins		keep you **healthy**
minerals		keep you **healthy**
water		moves **nutrients** around your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

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

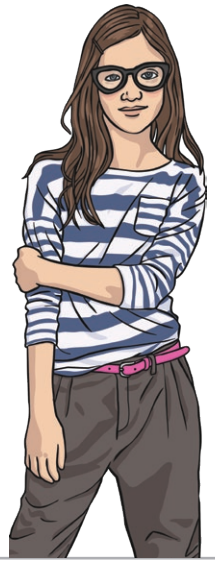
Skeletons do three important jobs:

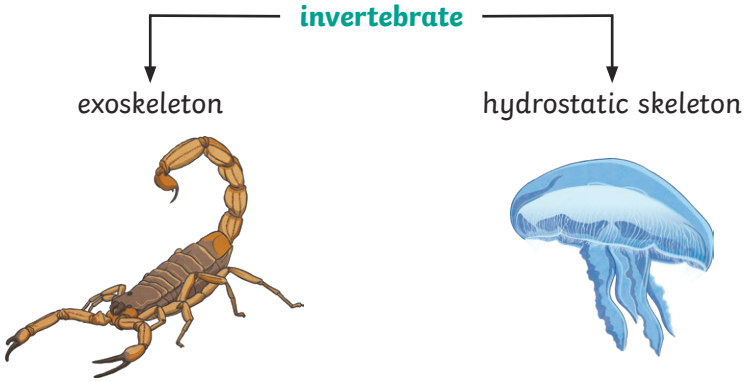
- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

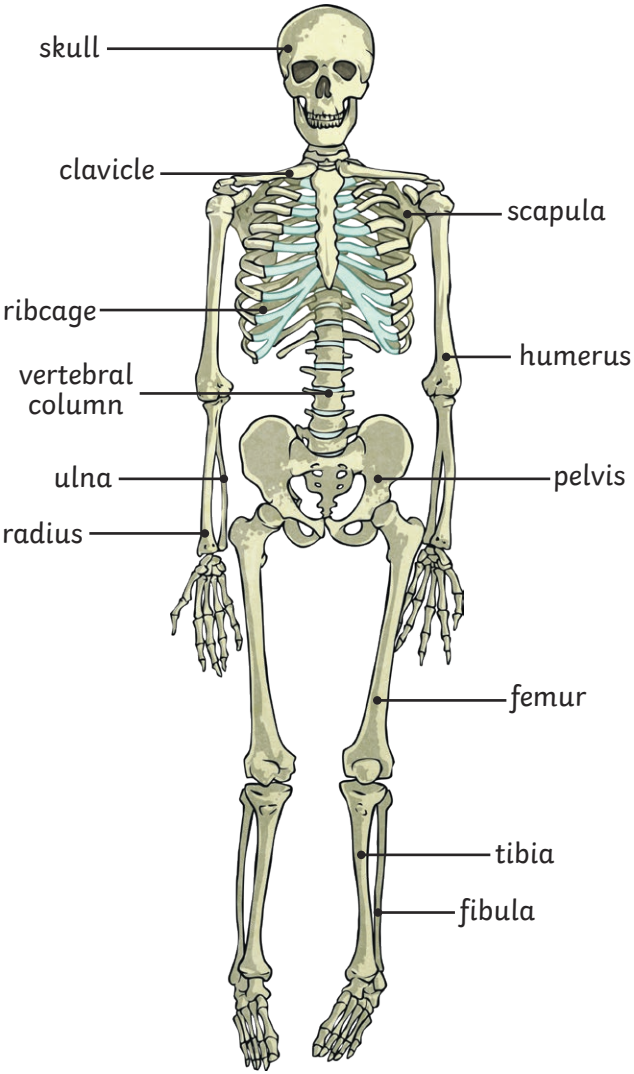
Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



contract **relax**







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