

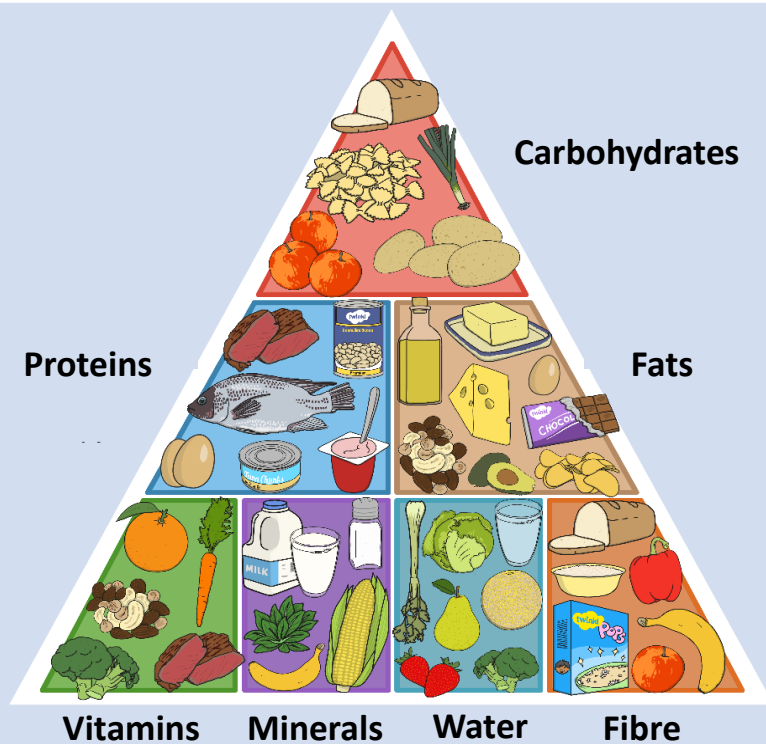
## Nutrition

- 1 Animals cannot make their own food.
- 2 Animals get nutrition from food that they eat.
- 3 Animals need to eat the right types and amount of nutrition to survive and stay healthy.

## Vocabulary

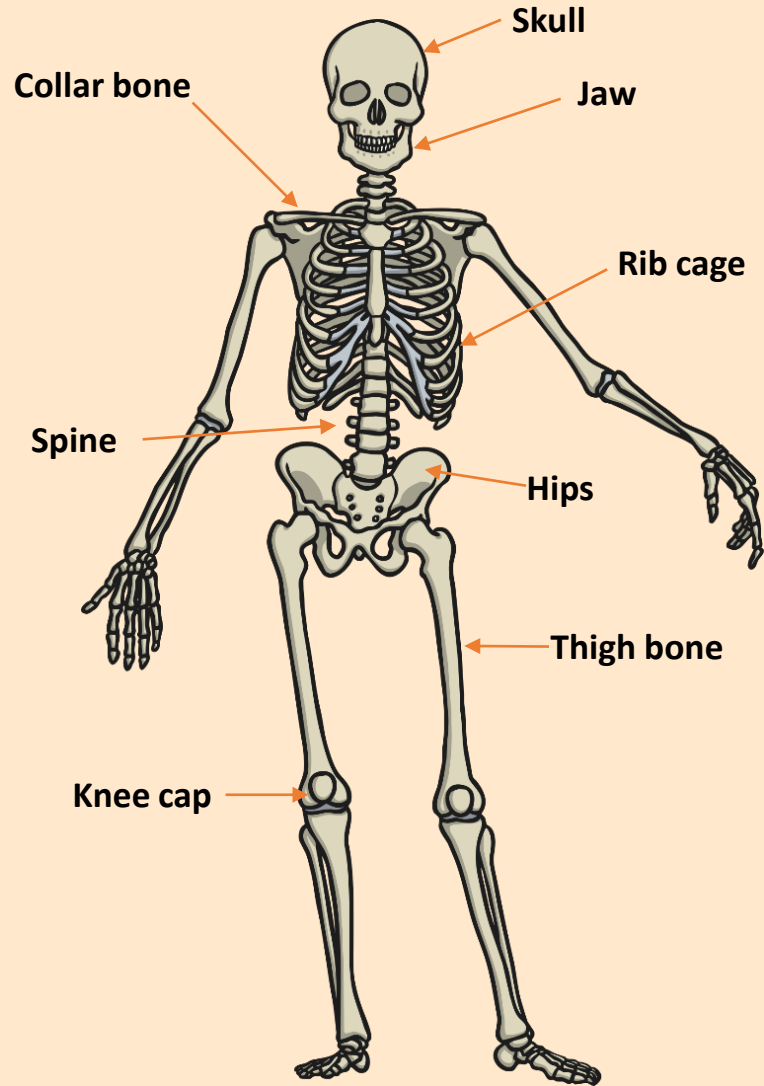
1	<b>Nutrition</b>	What the human body needs for it to grow and be healthy.
2	<b>Nutrients</b>	Found in food and makes the body work.
3	<b>Healthy</b>	Fit and not ill

## Nutrients



1	<b>Carbohydrates</b>	Give the body energy
2	<b>Proteins</b>	For growth and repair
3	<b>Fats</b>	<ul style="list-style-type: none"> <li>• Keep the body warm</li> <li>• Give the body energy</li> </ul>
4	<b>Water</b>	Moves nutrients around the body
5	<b>Vitamins</b>	Keep the body healthy
6	<b>Minerals</b>	Keep the body healthy
7	<b>Fibre</b>	Helps to break down food

Human Skeleton



Types of Skeleton

Vertebrates		Invertebrates	
Have a spine		Do not have a spine	
Endoskeleton		Exoskeleton	Hydrostatic Skeleton
Skeleton <b>inside</b> the body		Skeleton <b>outside</b> the body	No bones

Functions

1	<b>Movement</b>	Muscles and joints work to move the body
2	<b>Support</b>	Muscles and bones keep everything in place
3	<b>Protection</b>	Bones protect the organs

Vocabulary

1	<b>Muscles</b>	Parts of the body that move	
2	<b>Organs</b>	Part of the body with an important job	
3	<b>Joints</b>	Join bones together	