

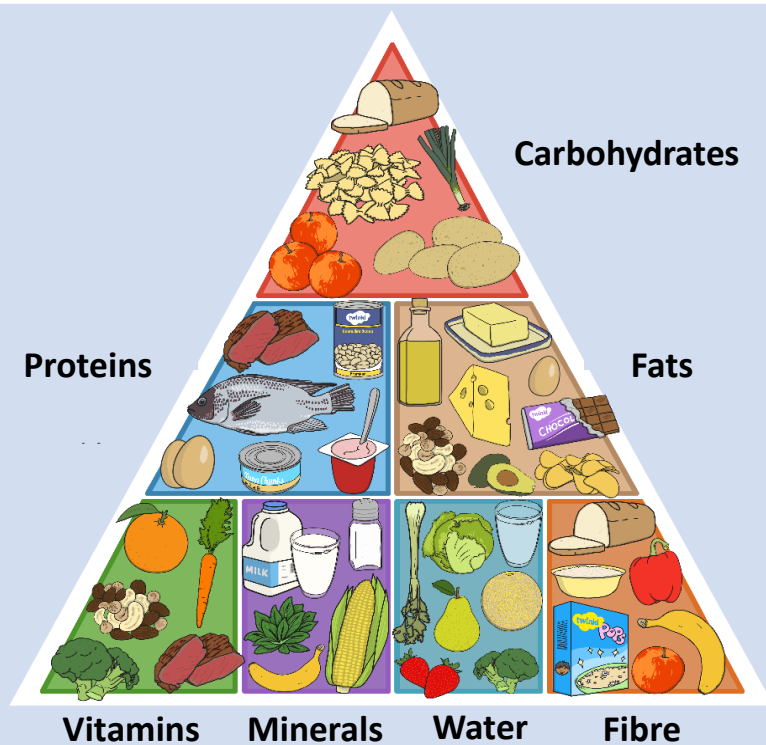
Nutrition

- 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

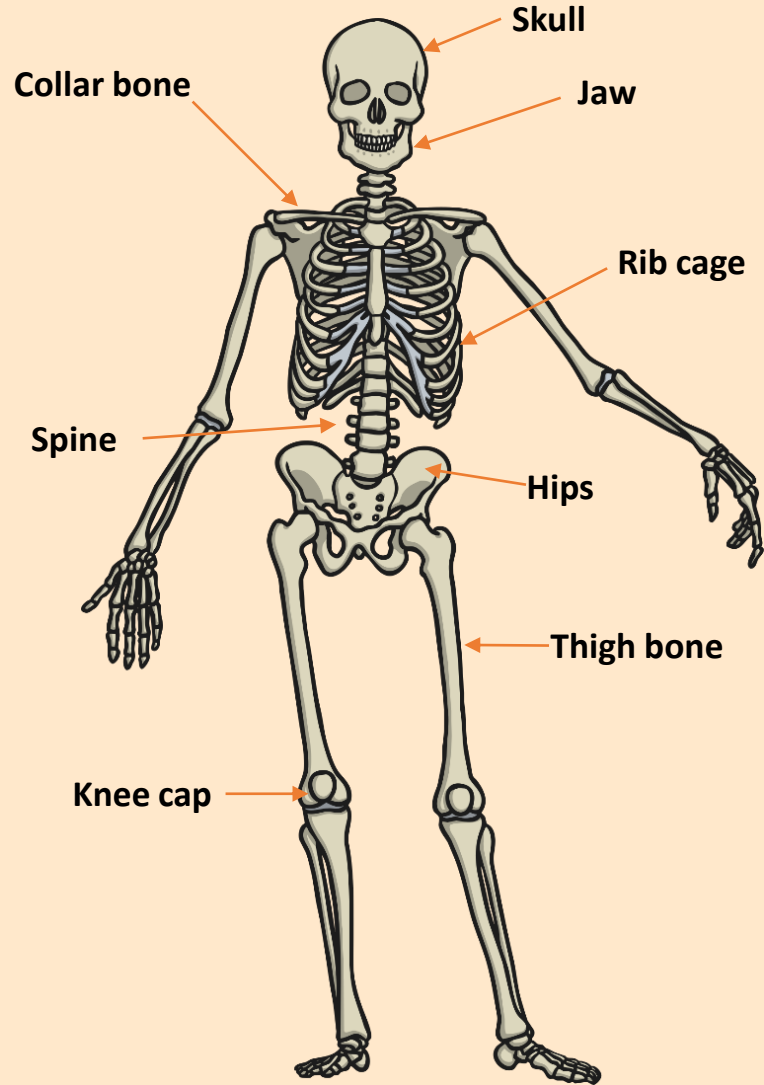
1	Nutrition	What the human body needs for it to grow and be healthy.
2	Nutrients	Found in food and makes the body work.
3	Healthy	Fit and not ill

Nutrients



1	Carbohydrates	Give the body energy
2	Proteins	For growth and repair
3	Fats	<ul style="list-style-type: none"> • Keep the body warm • Give the body energy
4	Water	Moves nutrients around the body
5	Vitamins	Keep the body healthy
6	Minerals	Keep the body healthy
7	Fibre	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 inside the body		Skeleton outside the body	No bones

Functions

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

Vocabulary

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