



What should I know already?

Animals, including humans, need food, water and air to stay alive.

Things I need to know

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.

Skeletons do three important jobs: protect organs inside the body; allow movement; support the body and stop it from falling on the floor.

vertebrate
↓
endoskeleton



Vocabulary

Energy -strength to be able to move and grow.

Healthy-in a good physical and mental condition.

Invertebrate-animals without backbones.

Joints- areas where two or more bones are fitted together.

Muscles-soft tissues in the body that contract and relax to cause movement.

Nutrients-substances that living things needs to stay alive and healthy.

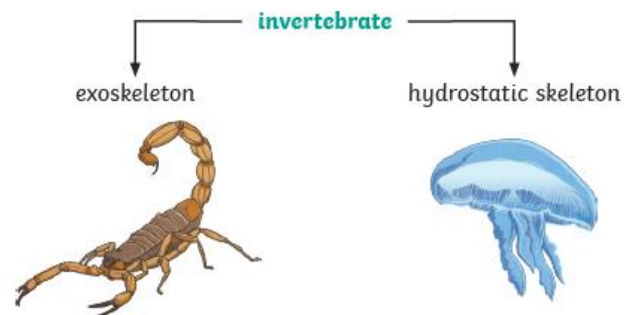
Saturated fats- types of fats, considered to be less healthy, that should only be eaten in small amounts.

Tendons-cords that join muscles to bones.

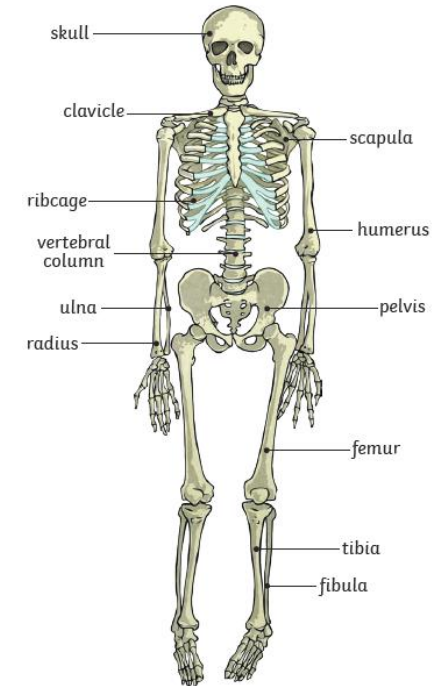
Unsaturated fats- fats that give you energy, vitamins and energy.

Vertebrate-animals with backbones.

Examples of invertebrates



Diagrams



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

