






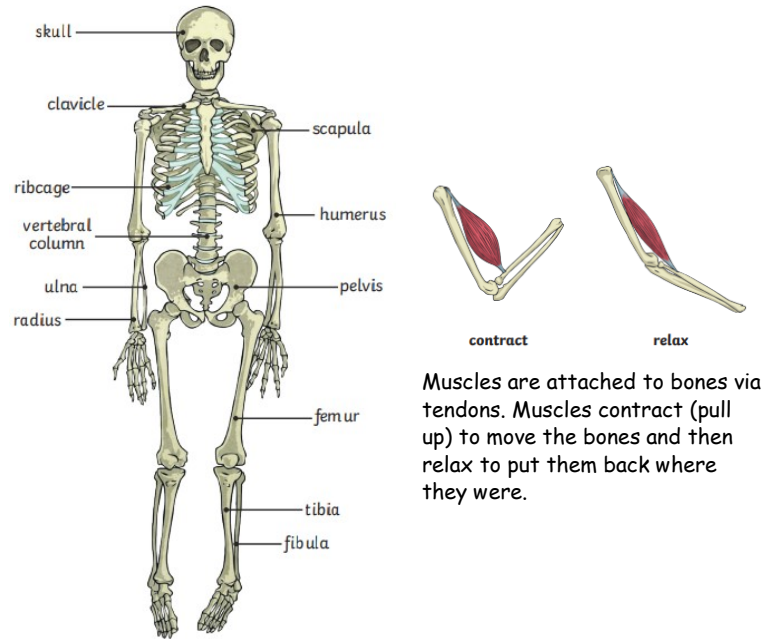


Animals, including humans, cannot make their own food. Humans grow, gather or hunt food and Animals hunt, forage or graze.

Animals, including humans get nutrition from the food that they eat.

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




Muscles are attached to bones via tendons. Muscles contract (pull up) to move the bones and then relax to put them back where they were.

Skeletons provide a structure for animals. Some bones also protect important organs and help us to move.

Some animals don't have a backbone, we call these animals invertebrates. Animals who do have a backbone are known as vertebrates.

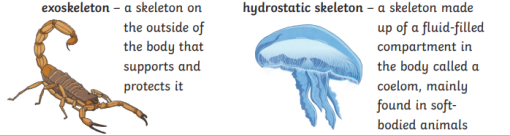
**vertebrate**  
↓  
endoskeleton – a skeleton on the inside of the body that supports and protects it



There are different types of skeletons. Invertebrates do not have a backbone. If they live on land they have a hard outer-body, if they live in water they have a hydrostatic skeleton. All mammals including humans are vertebrates because they have a backbone and an internal endoskeleton.

**invertebrate**

- exoskeleton – a skeleton on the outside of the body that supports and protects it
- hydrostatic skeleton – a skeleton made up of a fluid-filled compartment in the body called a coelom, mainly found in soft-bodied animals



## Key Vocabulary

Healthy	In good physical and mental condition
Nutrients	Substances that living things need to stay alive and healthy.
Saturated fats	'Unhealthy' fats that should only be eaten in small amounts.
Unsaturated fats	'Good' fats that give you energy, vitamins and minerals.
Vertebrate	Animals with a backbone
Invertebrate	Animals without a backbone
Muscles	Soft tissues in the body that contract and relax to create movement.
Tendons	Cords that join muscles to bones.
Joints	Areas where two or more bones fit together.

## Learning Questions

What do animals need to survive and stay healthy?

Why is it so important for animals to eat a balanced diet?

What is the purpose of a skeleton?

How do skeletons differ between different animals?

What jobs do muscles do in the body?