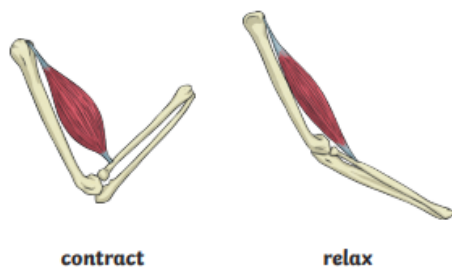
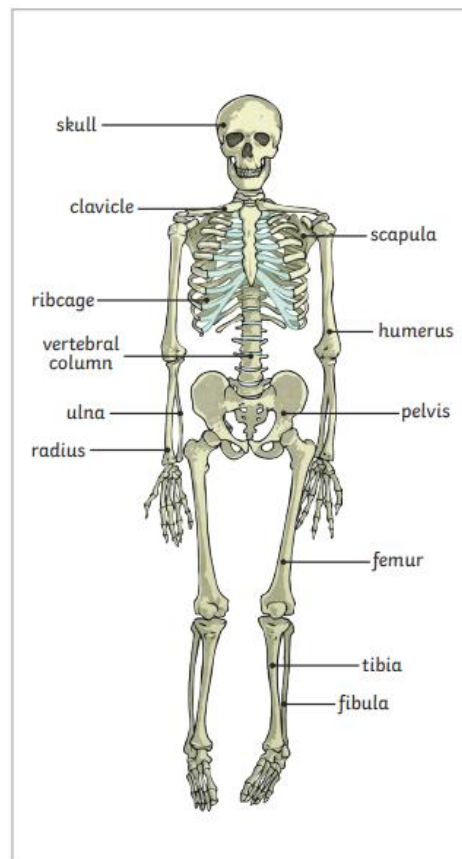


## Animals including humans

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



There are over **650 muscles** in the human body.



Skeletons do three important jobs:

- **Protect** organs inside the body.
- Allow **movement**
- **Support** the body and stop it from falling to the floor.
- There are around **206 bones** in an adult human body.

vertebrate  
↓  
endoskeleton



invertebrate  
↓                      ↓  
exoskeleton                      hydrostatic skeleton



- Living things **need food** to grow and be strong and **healthy**.
- Plants can make their own food, but **animals cannot make their own food**.
- To stay **healthy**, humans need to **exercise**, eat a **healthy diet** and be **hygienic**.

## THE EATWELL PLATE

A guide to the right balance of the five main food groups



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

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

## Key Vocabulary

Animal	Living things, they cannot make their own food.
Balanced diet	A diet that contains the right amount of each food group.
Bone	One of the hard parts of the skeleton of a vertebrate.
Contract	To make something smaller / shorter (e.g. muscles)
Endo - skeleton	A skeleton inside the body (internal).
Energy	Strength to be able to move and grow.
Exo - skeleton	A supportive covering outside the body (external).
Healthy	In a good physical and mental state.
Human	Humans are living things. They are part of the group, mammals.
Invertebrate	An animal without a backbone.
Joints	Where two or more bones are fitted together.
Movement	The act of moving, changing place or position.
Muscle	Soft tissues in the body that contract and relax to cause movement.
Nutrients	A substance needed to help keep a plant or animal alive and to help it grow.
Nutrition	The study of food and how it works in your body.
Protection	To stop something being harmed, often by covering or shielding something.
Relax	To make something less tight.
Saturated fats	Types of fats, considered to be less healthy, should be eaten in small amounts.
Skeleton	The supportive or protective structure of an animal.
Support	To hold up e.g. Hold up the human body.
Survive	To remain alive.
Tendons	Cords that join muscles to bones.
Unsaturated fats	Fats that give you energy, vitamins and minerals.
Vertebrate	An animal with a backbone.