

# Animals Including Humans



## Key Vocabulary

Energy	strength to be able to move and grow
Healthy	in a good physical and mental condition
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 need to stay alive and healthy
Saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts
Vertebrates	animals with backbones
Invertebrates	animals without backbones
Unsaturated fats	fats that give you energy, vitamins and minerals

## Key Questions

- What food types do animals and humans need in order to survive?
- What happens if we don't get a balanced diet?
- Why do we have a skeleton?
- Why do we have muscles?
- What are muscles used for?

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

## Key Knowledge

You will learn...

### How to:

- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- identify that humans and some other animals have skeletons and muscles for support, protection and movement.