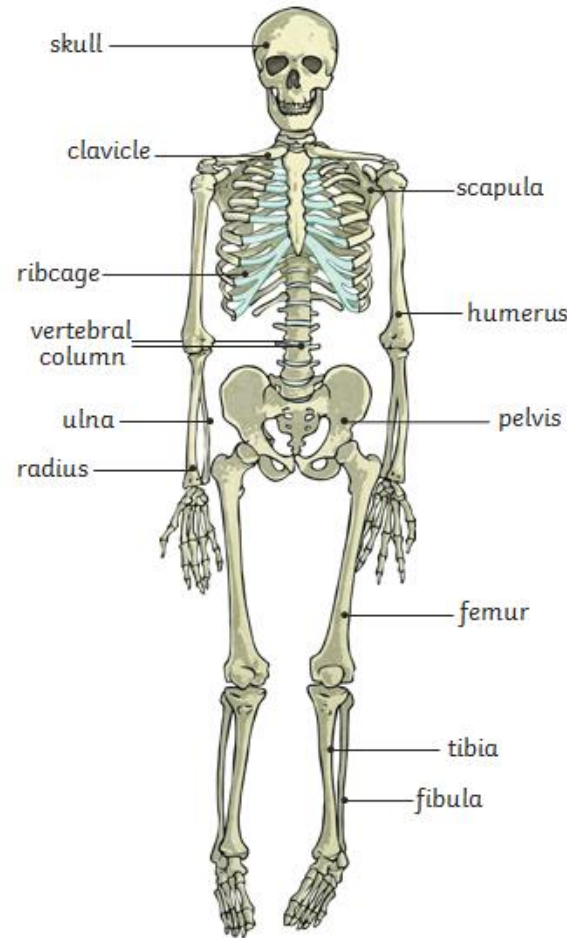


Animals inc. humans

Vocabulary	
Vertebrate	An animal with a backbone.
Invertebrate	An animal without a backbone.
Muscle	Soft tissues that contract and relax to cause movement.
Tendons	Cords that join muscles to bones.
Joints	An area where bones are fitted together.
Nutrients	Substances needed to keep us alive and healthy.
Energy	Strength to be able to move and grow.
Saturated fats	Types of fats considered to be less healthy. These should be eaten in small quantities.
Unsaturated fats	Fats that give you energy, vitamins and minerals.



Fun Facts!

- Living things need food to grow, be strong and healthy.
- Plants can make their own food in a process called **photosynthesis** using sunlight, water and carbon dioxide.
- **Muscles** work in pairs. For example, in your arm your triceps and biceps work together to allow movements.
- Our bodies need 7 types of **nutrients** to keep us healthy. See below.

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

vertebrate
↓
endoskeleton



invertebrate
↓
exoskeleton ↓
hydrostatic skeleton



The **skeleton** has 3 main functions:

- **Protect** the organs inside the body
- Allow **movement**
- **Support** the body to stop it falling over