

What do we need to survive and how do our bodies help?

Vocabulary	Definition
Energy	the ability and strength to do physical things
Balanced diet	a variety of food that you regularly eat
Nutrients	substances that help plants and animals to grow
Vertebrate	animals that have a backbone.
Invertebrate	animals that have no backbone.
Skeleton	the framework of bones in your body
Muscles	something inside your body which connects two bones and which you use when you make a movement

How do living things get energy? What different food groups do we need to eat?

Humans cannot make their own food like plants do - we need to eat plants and animals to get our energy. • Healthy, balanced diets lead to healthy, active people.



How much food is enough? What nutrients would I gain from certain foods?

The traffic light label is colour coded and shows that green is low in a particular nutrient, amber means medium and red is high in a nutrient. Red means the product is high in a nutrient and you should try to cut down, eat less often or eat smaller amounts. Amber means medium.



Why do animals need to eat different foods?

CARNIVORES

Animals that mainly (or exclusively) feed on the meat of other animals.

Examples include: Wolves, Big Cats, Spiders, Owls, Sharks, Preying Mantis, Crocodiles

OMNIVORES

Animals that are biologically able to eat both plants and meat.

Examples include: Humans, Dogs, Pigs, Bears, Hedgehogs, Chickens

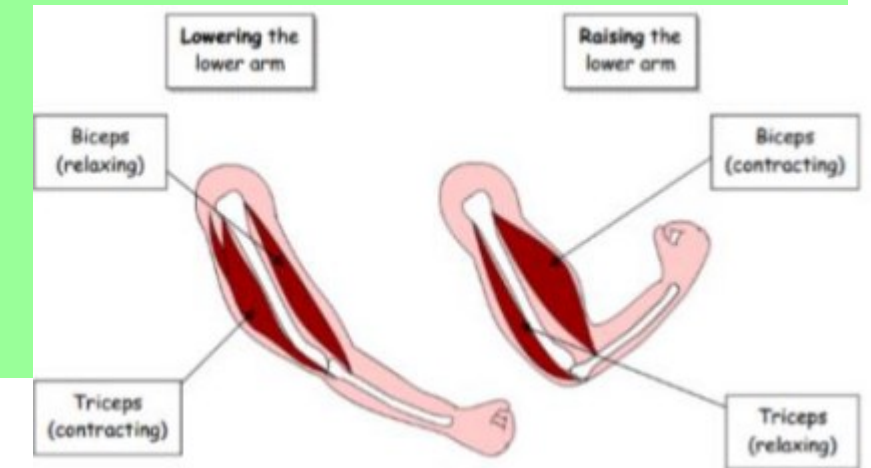
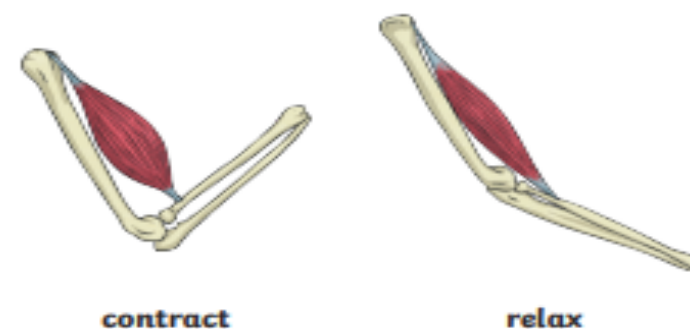
HERBIVORES

Animals that only eat plants. These plants can include grasses, grains, seeds, nuts, fruits and others.

Examples include: Elephants, Horses, Pandas, Cows, Sheep, Iguanas, Geese, Butterflies.

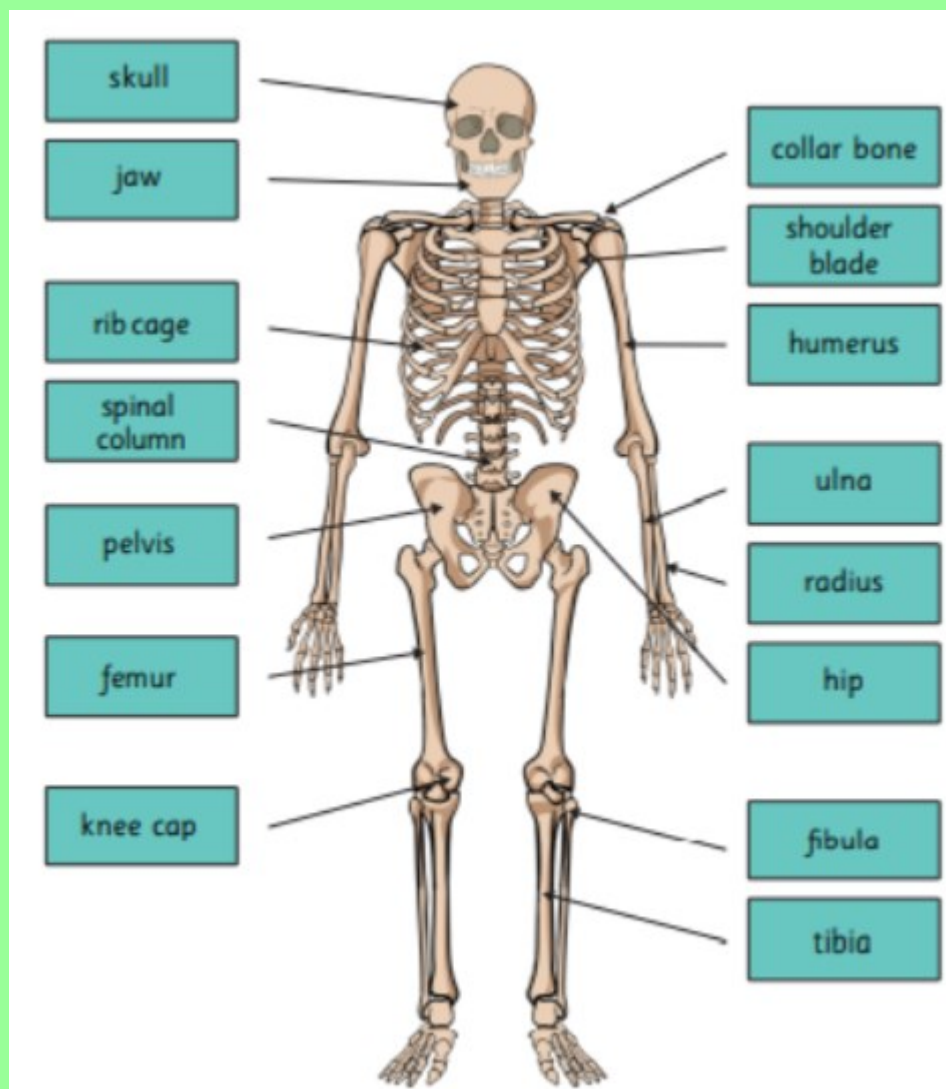
How do bones and muscles work together to create movement?

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

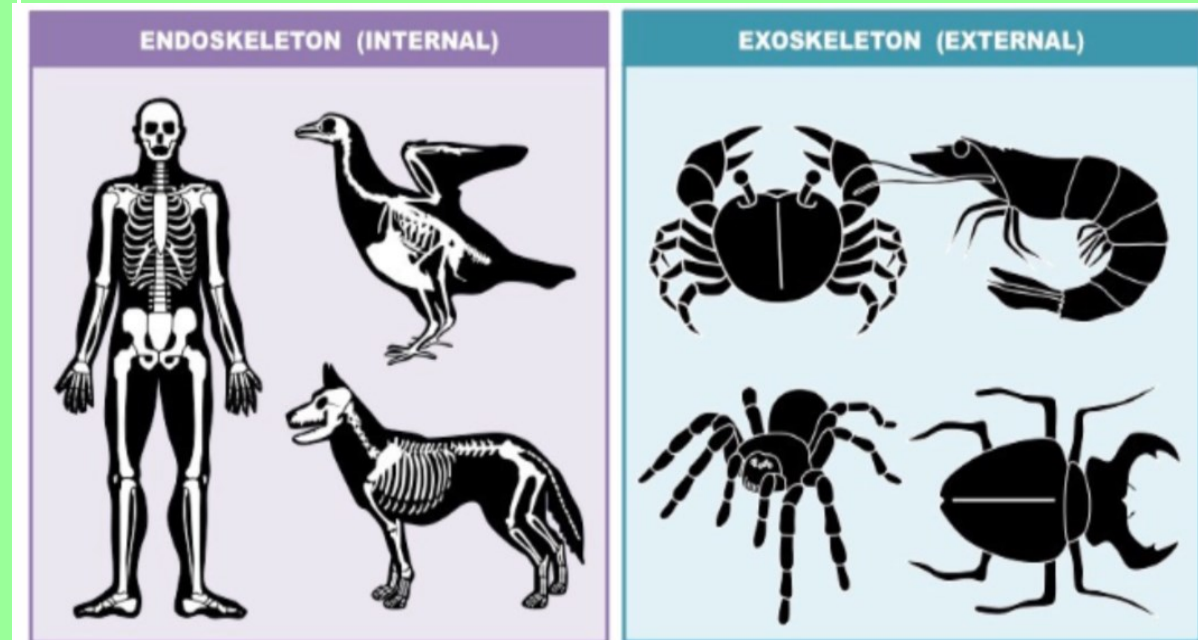
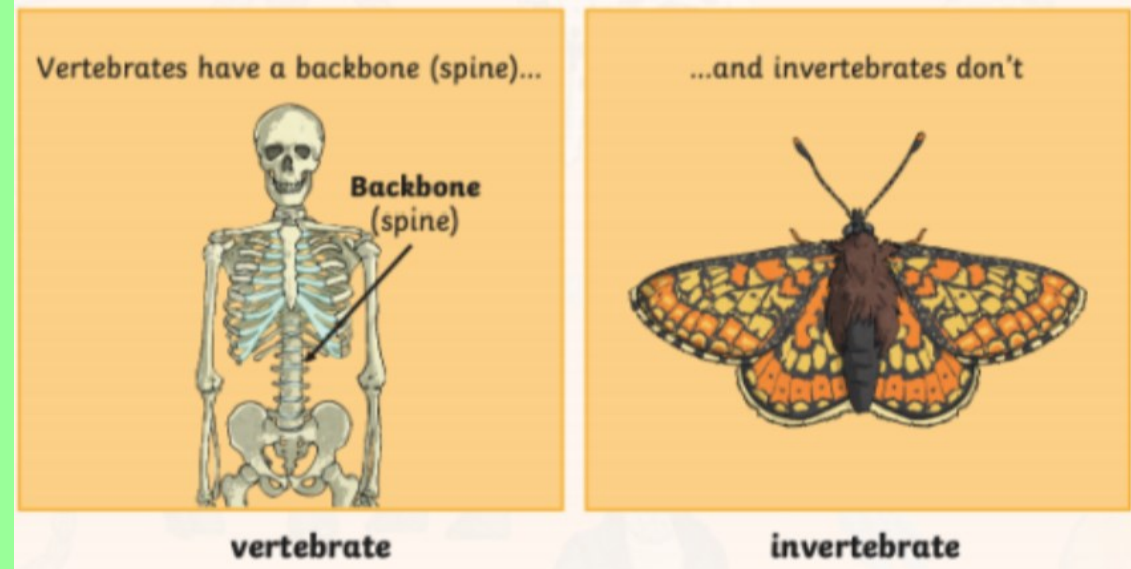


Why do humans have a skeleton?

- Skeletons:
- ✓ protect organs inside the body;
 - ✓ allow movement;
 - ✓ support the body and stop it from falling down.



What type of skeletons do animals have?



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