








# Animals, Including Humans

Identify that animals need the right types and amount of nutrition

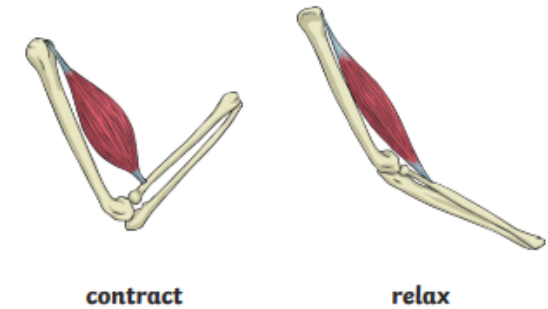
Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide <b>energy</b>
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide <b>energy</b>
vitamins		keep you <b>healthy</b>
minerals		keep you <b>healthy</b>
water		moves <b>nutrients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

Explain some functions of skeletons and muscles in animals

Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

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



## Key Words

## Definition

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
Unsaturated fats	fats that give you energy, vitamins and minerals
Muscles	soft tissues in the body that contract and relax to cause movement
Tendons	ords that join muscles to bones
Joints	areas where two or more bones are fitted together
Contract	When a muscle contracts (bunches up), it gets shorter
Relax	When a muscle relaxes, it goes back to its normal size.