

What should I already know?

- Animals can be split into different groups (e.g. birds, fish, etc.)
- The basic needs that animals require in order to survive are water, food, shelter, oxygen and warmth.

Key vocabulary

Nutrients – Substances that living things need to stay alive and healthy.

Energy – Strength to be able to move and grow.

Vertebrate – Animals with backbones.

Invertebrate – Animals without backbones.

Tendons – Cords that join muscles to bones.

Muscles – Soft tissue in the body that contract and relax to cause movement.

Healthy Eating



Living things need food to grow and to be strong and healthy.



To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.



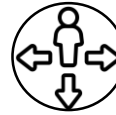
Plants can make their own food, but humans cannot.

Skeletons and muscles



Muscles work in pairs to move bones by contracting (getting shorter) and relaxing (getting longer).

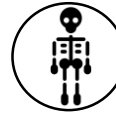
Skeletons do three important jobs:



Allow movement



Protect organs inside the body.



Support the body and stop it from falling on the floor.

