

What should I already know?

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

Key Vocabulary

Nutrients	Substances that living things need to stay alive and healthy.
Nutrition	Food necessary for health and growth.
Healthy	Having a good mental and physical state.
Endoskeleton	The skeleton is on the inside of the body.
Exoskeleton	The skeleton is on the outside of the body.
Hydrostatic skeleton	No skeleton.
Muscle	Soft tissue in the body that contract and relax to cause movement.
Tendons	Cords that join muscles to bones.

Healthy Lifestyles



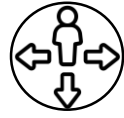
Living things need food to grow and to be strong and healthy.



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

Skeletons and Muscles

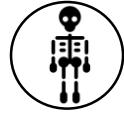
Skeletons do three important jobs:



Allow movement



Protect organs inside the body.



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

