



## Key vocabulary

healthy	nutrition	consumers	omnivore	carnivore
skeleton	protect	move	support	herbivore
vertebrate	invertebrate	<p>Animals cannot create their own food, unlike plants. They get <b>nutrition</b> from what they eat.</p> <p>So, animals are called consumers (plants are called producers).</p> <p>The different <b>nutrients</b> that animals get depends on their diet. E.g. a cheetah gets lots of protein in its diet because it is a carnivore.</p>		
muscles	joint			

## Types of nutrition

<p><b>Carbohydrates</b> provide energy. Foods that have lots of carbohydrates in are often called 'starchy' foods.</p>	<p><b>Fibre</b> helps our digestive system to work well. It is often found in high carbohydrate food.</p>
<p><b>Protein</b> helps the body (especially muscles) to repair itself.</p>	<p><b>Fat</b> gives consumers lots of energy. However, too much fat can be unhealthy.</p>
<p><b>Vitamins and minerals</b> keep us healthy. There are lots of different types that perform hundreds of roles in the body.</p>	

## Skeletons

Skeletons do three important jobs:

- Protect organs inside the body
- Allow movement
- Support the body and stop it from falling on the floor

**Vertebrates** (like humans and lots of other animals) have their skeleton inside their body—an **endoskeleton**.

**Invertebrates** often have their skeleton on the outside of their body—an **exoskeleton**.

<p>vertebrate</p> <p>↓</p> <p>endoskeleton</p>	<p>invertebrate</p> <p>↓</p> <p>exoskeleton</p>	<p>invertebrate</p> <p>↓</p> <p>hydrostatic skeleton</p>
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## Muscles

Humans (and many other animals) also have a system of **muscles** in their bodies.

The main purpose of muscles is for movement. They work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).

Muscles are also important for maintaining posture, helping humans/animals to sit, stand and walk.

Some muscles (e.g. the heart) move by themselves—they are involuntary.

Knowledge objective	Self-assessment (✓)
I can identify that animals, including humans, need the right types and amount of nutrition.	
I know that animals cannot make their own food; they get nutrition from what they eat.	
I can identify that humans and some other animals have skeletons for support, protection and movement.	
I can identify that humans and some other animals have muscles for support, protection and movement.	