








Key Vocabulary

healthy	in a good physical and mental condition
nutrients	substances that living things need to stay alive and healthy
energy	strength to be able to move and grow
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

- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

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

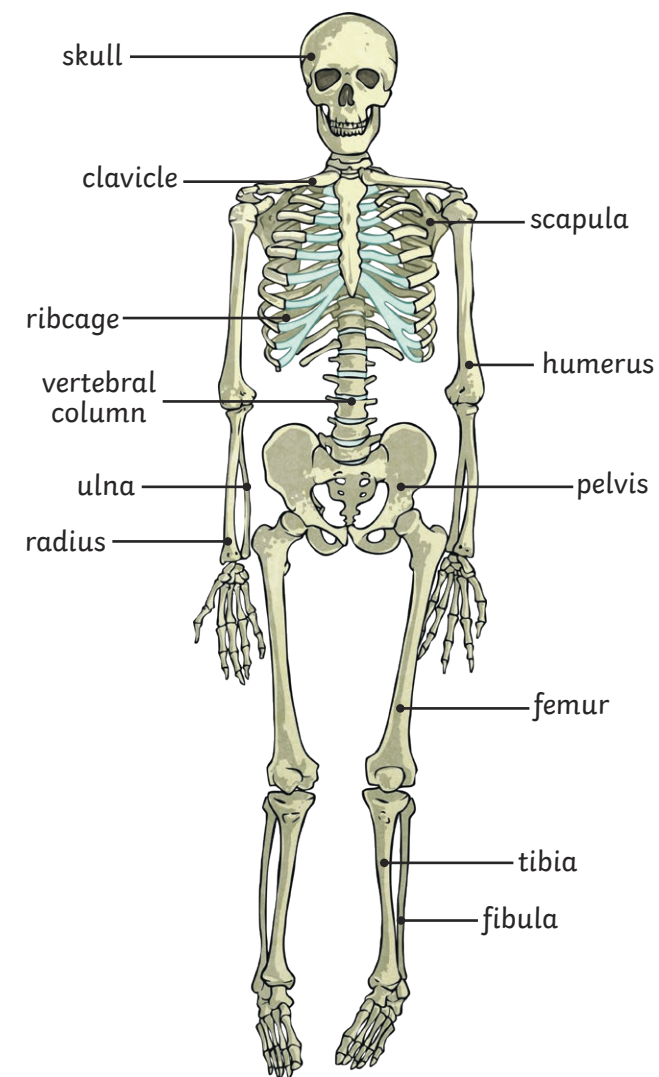
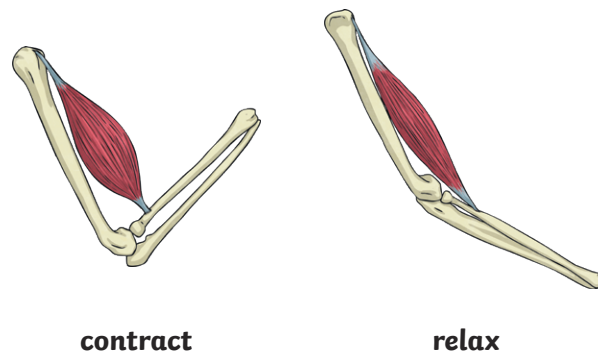
Key Vocabulary

vertebrate	animals with backbones
invertebrate	animals without backbones
muscles	soft tissues in the body that contract and relax to cause movement
tendons	cords that join muscles to bones
joints	areas where two or more bones are fitted together

Skeletons do three important jobs:

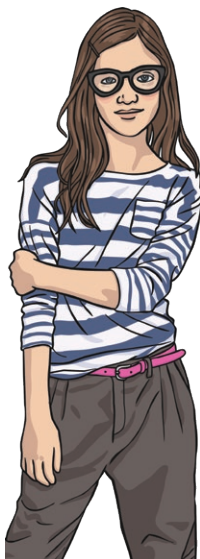
- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

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



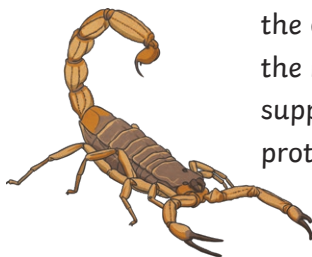
vertebrate

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endoskeleton – a skeleton on the inside of the body that supports and protects it



invertebrate

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exoskeleton – a skeleton on the outside of the body that supports and protects it



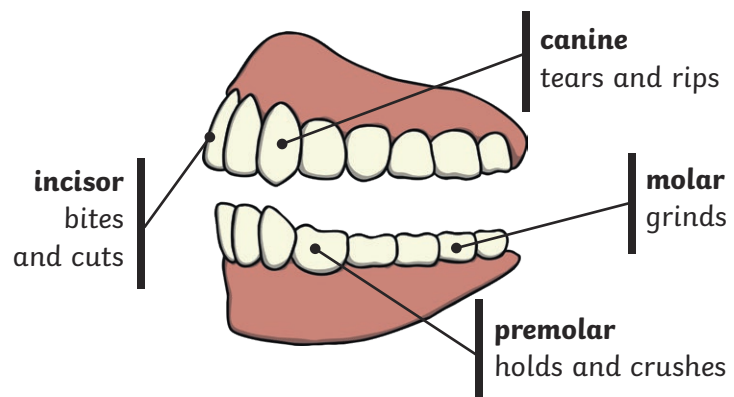
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hydrostatic skeleton – a skeleton made up of a fluid-filled compartment in the body called a coelom, mainly found in soft-bodied animals



Key Vocabulary

digest	Break down food so it can be used by the body.
oesophagus	A muscular tube which moves food from the mouth to the stomach.
stomach	An organ in the digestive system where food is broken down with stomach acid and by being churned around.
small intestine	Part of the intestine where nutrients are absorbed into the body.
large intestine	Part of the intestine where water is absorbed from remaining waste food. Faeces are formed in the large intestine.
rectum	Part of the digestive system where faeces are stored before leaving the body through the anus.
teeth	Hard structures in the mouth that help with biting and chewing food.

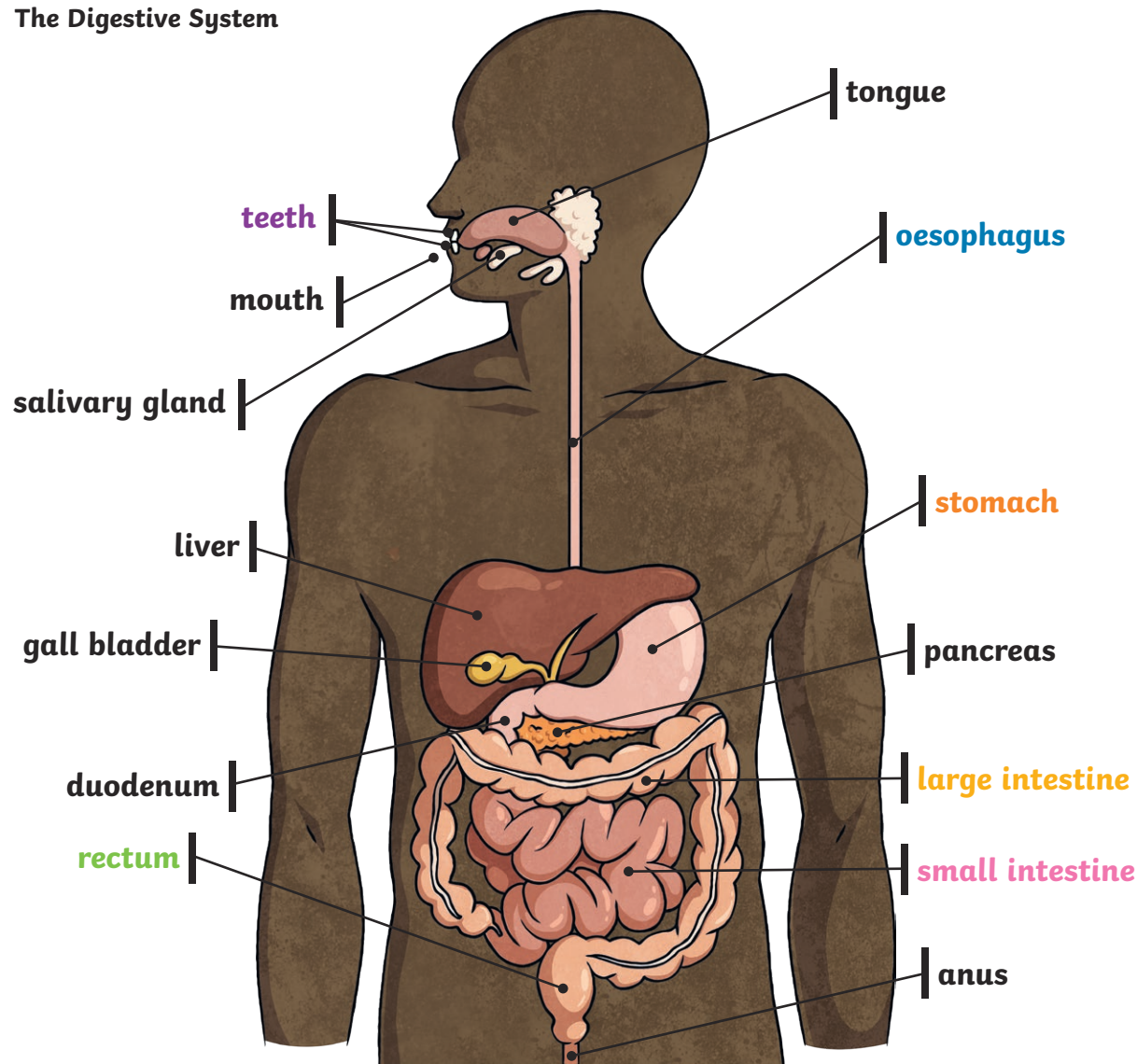
Human Teeth and Their Functions



Some people have wisdom teeth but they have no function now.

Key Knowledge

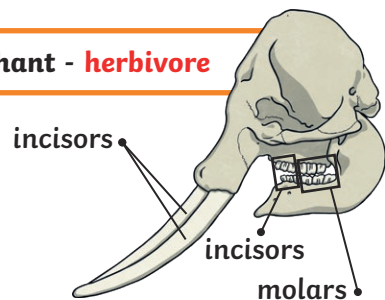
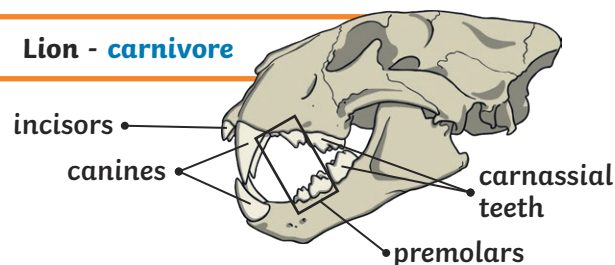
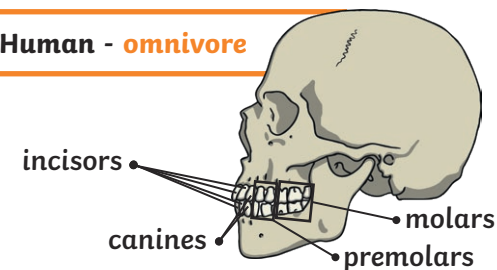
The Digestive System



To look at all the planning resources linked to the Animals Including Humans unit click [here](#).

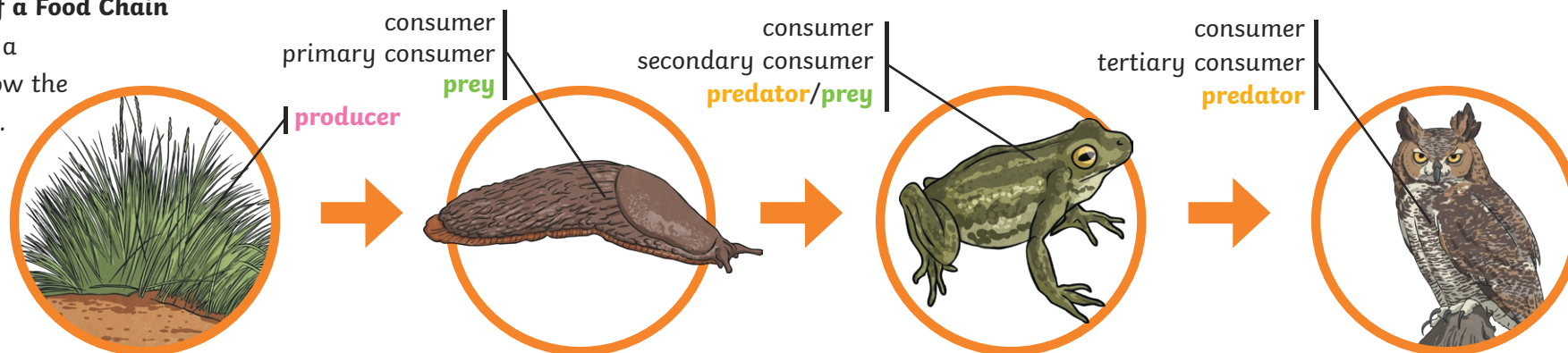
Key Knowledge

The teeth of an animal are designed to eat different foods depending on the diet of the animal. Examples of a **herbivore**, a **carnivore** and an **omnivore** skull:

Elephant - **herbivore**Lion - **carnivore**Human - **omnivore**

An Example of a Food Chain

The arrows in a food chain show the flow of energy.



Key Vocabulary

herbivore	An animal that eats plants.
carnivore	An animal that feeds on other animals.
omnivore	An animal that eats plants and animals.
producer	An organism, such as a plant, that produces its own food.
predator	An animal that hunts and eats other animals.
prey	An animal that gets hunted and eaten by another animal.

To help prevent tooth decay:

- limit sugary food and drink;
- brush teeth at least twice daily using a fluoride toothpaste;
- spit toothpaste out (rather than rinsing) after brushing your teeth because rinsing can stop the fluoride in the toothpaste from working as well;
- visit your dentist regularly.

