

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

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

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

vertebrate

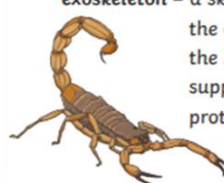
endoskeleton – a skeleton on the inside of the body that supports and protects it



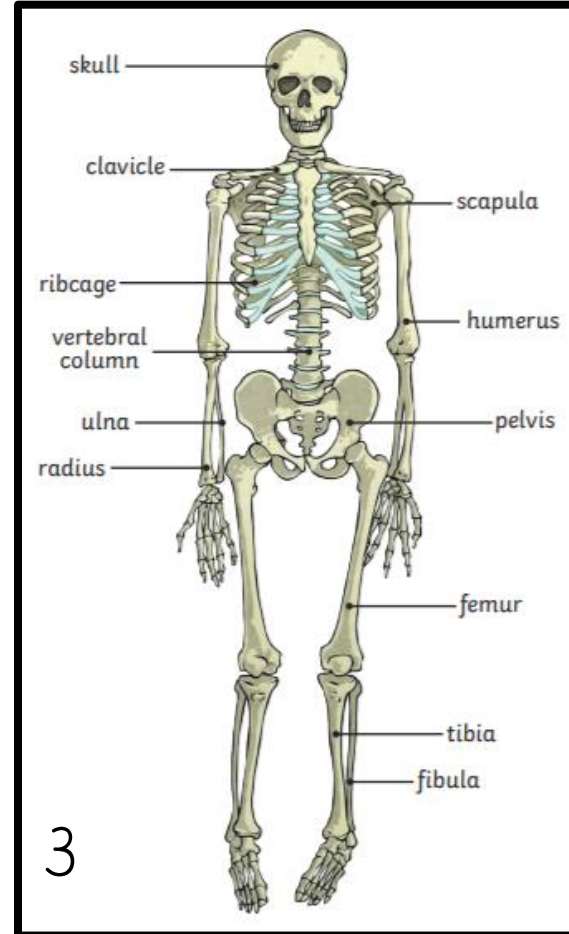
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invertebrate

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

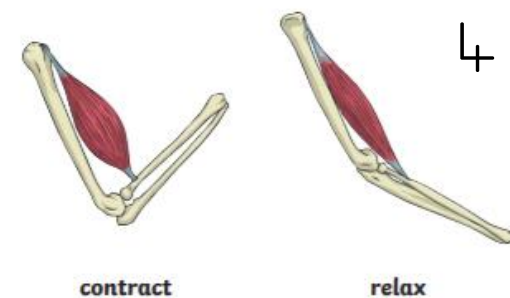


hydrostatic skeleton – a skeleton made up of a fluid-filled compartment in the body called a coelom, mainly found in soft-bodied animals



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



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