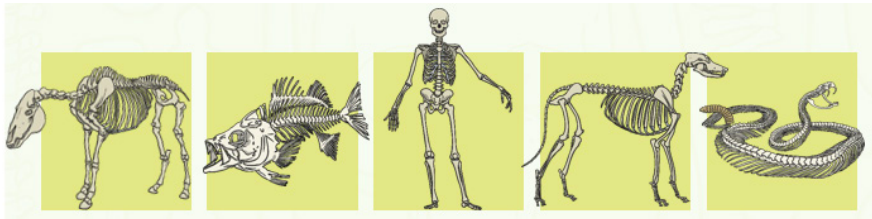


Are humans a type of animal?



Animals

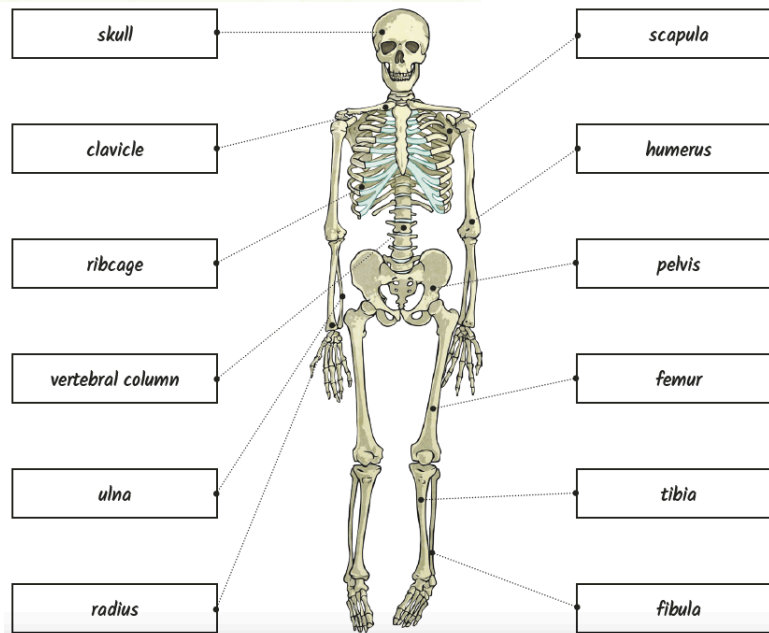
- Animals, including humans need to eat in order to get nutrients they need unlike plants who make their own food through photosynthesis.
- Individual types of food will often provide a range of nutrients.
- Humans, and some other animals, have skeletons and muscles which help them **move** and provide **protection** and **support**.



- Muscles are attached to the bone by tendons and work in pairs to allow smooth movement. To move a joint, one muscle contracts, whilst the other muscle relaxes and becomes longer.



- Bones are linked together by joints and allow us to move. There are 3 types of joints in the body.



Vocabulary

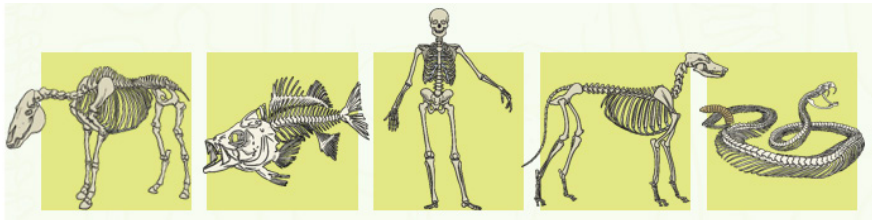
Nutrients	Nutrients are substances that animals, including humans, need to keep their body healthy . There are <u>7 nutrients</u> found in the food we eat.
Proteins	Proteins help your body to grow and repair itself . Food high in protein: red meat, beans and fish.
Carbohydrates	Carbohydrates give you energy . Food high in carbohydrates: bread, pasta and potatoes.
Fats	Fats give you energy . Food high in fats: nuts, oils and butter.
Vitamins	Vitamins keep your body healthy . Food high in vitamins: oranges, carrots and nuts.
Minerals	Minerals keep your body healthy . Food high in minerals: spinach, milk and sweetcorn.
Sugars	Sugars are a type of simple carbohydrate. They can be found naturally in fruits, vegetables and milk products. Sugars are also added to many foods.
Water	Water helps move nutrients in your body and get rid of the waste you don't need. We need to drink water. Lots of foods also contain water.
fibre	Fibre helps you to digest the food that you have eaten. Food high in fibre: cereal, apples and wholegrain bread.
Skeleton	An internal or external framework of bone that helps move, support and protect the body of an animal.
Bones	Bones make up skeletal structure along with ligaments and cartilage.
Endoskeleton	Animals with endoskeletons have skeletons on the inside of their bodies. As the animal grows, so does their skeleton.
Exoskeleton	Animals with exoskeletons have their skeletons on the outside. They do not grow with the animal, instead the animal sheds its skeleton and produces a new one.
Hydrostatic skeleton	Animals with hydrostatic skeletons don't have any bones. Instead, these animals have a fluid-filled compartment in their body called a coelom.
Vertebrate	Animals that have a back-bone. ie: Human, dog and elephant.
Invertebrate	Animals that don't have a back-bone. ie: Jellyfish, crab and beetle.

Are humans a type of animal?



Animals

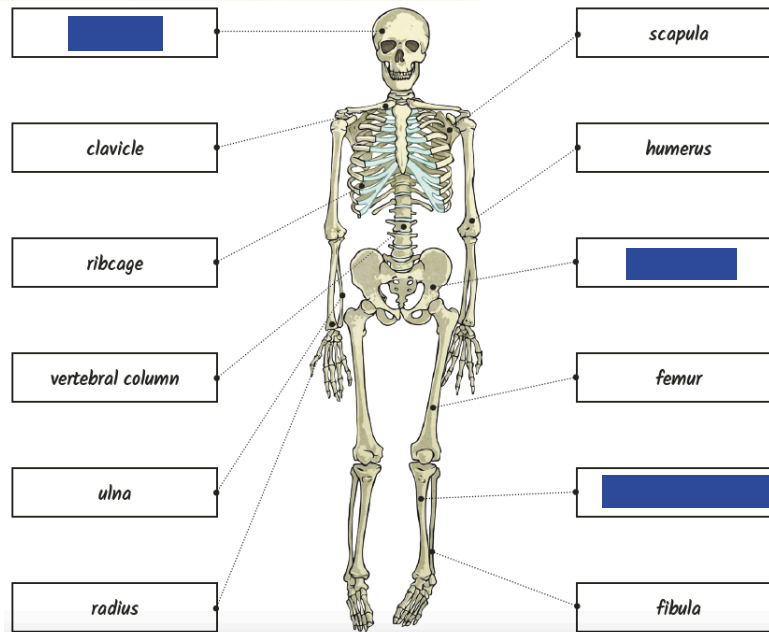
- Animals, including humans need to eat in order to [redacted] unlike plants who make their own food through photosynthesis.
- Individual types of food will often provide a range of nutrients.
- Humans, and some other animals, have skeletons and muscles which help them [redacted]



- [redacted] are attached to the bone by tendons and work in pairs to allow [redacted]. To move a joint, one muscle contracts, whilst the other muscle relaxes and becomes longer.



- Bones are linked together by [redacted] and allow us to [redacted]. There are 3 types of joints in the body.



Vocabulary

Nutrients	Nutrients are substances that animals, including humans, need to keep their body healthy. There are 7 nutrients found in the food we eat.
Proteins	Proteins help your body to grow and repair itself. Food high in protein: [redacted]
Carbohydrates	Carbohydrates give you [redacted]. Food high in carbohydrates: bread, pasta and potatoes.
Fats	Fats give you [redacted]. Food high in fats: nuts, oils and butter.
[redacted]	[redacted] keep your body healthy. Food high in [redacted]: oranges, carrots and nuts.
Minerals	[redacted]. Food high in minerals: spinach, milk and sweetcorn.
Sugars	Sugars are a type of simple carbohydrate. They can be found naturally in fruits, vegetables and milk products. Sugars are also added to many foods.
Water	Water helps [redacted]. We need to drink water. Lots of foods also contain water.
fibre	Fibre helps you to digest the food that you have eaten. Food high in fibre: cereal, apples and wholegrain bread.
Skeleton	[redacted]
Bones	Bones make up skeletal structure along with ligaments and cartilage.
Endoskeleton	Animals with endoskeletons have skeletons on the inside of their bodies. As the animal grows, so does their skeleton.
Exoskeleton	[redacted]
Hydrostatic skeleton	Animals with hydrostatic skeletons don't have any bones. Instead, these animals have a fluid-filled compartment in their body called a coelom.
[redacted]	Animals that have a back-bone. ie: Human, dog and elephant.
Invertebrate	Animals that don't have a [redacted]. ie: Jellyfish, crab and beetle.