

# Science— Animals inc. Humans (Nutrition and Skeletons)

## Key Vocabulary

<b>carbohydrate</b>	Substance found in certain kinds of food, that provide you with energy.
<b>dairy</b>	Foods such as butter and cheese that are made from milk.
<b>digestion</b>	Food passes through your body to your stomach. Your stomach removes the substances that your body needs and gets rid of the rest.
<b>endoskeleton</b>	When the skeleton is on the inside of an animal's body.
<b>exoskeleton</b>	When the skeleton is on the outside of an animal's body.
<b>joints</b>	Where bones meet and join together. There are different types of joints.
<b>nutrients</b>	Substance sfound in food that help animals to grow.
<b>protein</b>	Something found in meat, fish and beans that help your muscles grow.
<b>skeleton</b>	The bones in your body.
<b>vertebrate</b>	An animal that has a back bone.

## Key Facts

Humans cannot make their own food. They get nutrients from the food they eat.

Humans need carbohydrates, protein, fats and sugars, fruit and vegetables and dairy.

Humans need to make sure they eat a balanced diet.

The main functions of the skeleton are support, protection and movement.

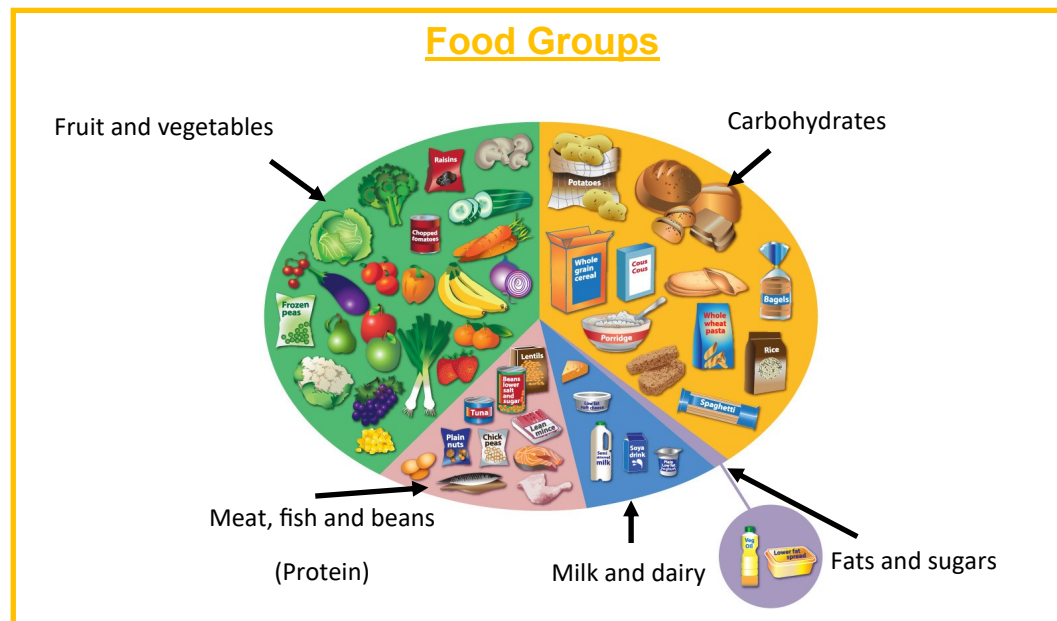
The human skeleton is made up of 207 bones.

Muscles help the skeleton move by working in pairs to relax and contract.

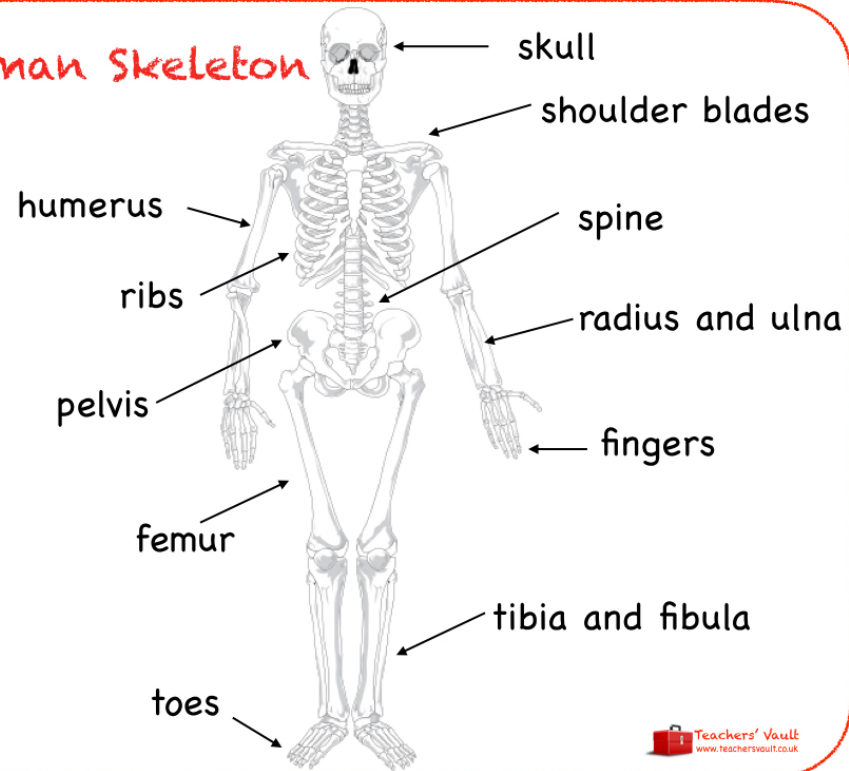
Bones are joined together at joints which help us move.

Muscles cannot push, they can only pull.

## Food Groups

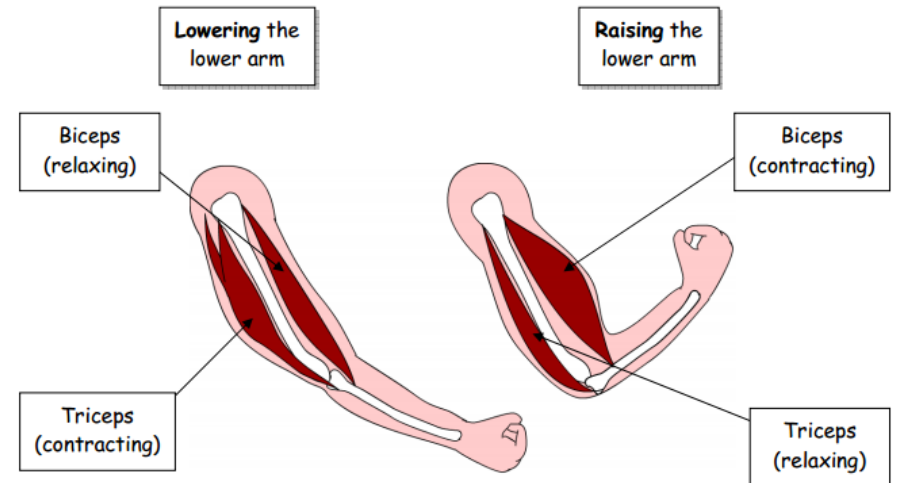


## The Human Skeleton



Teachers' Vault  
www.teachersvault.co.uk

## Muscles



## Tier 2 Vocabulary

analyse	To think about it carefully in order to fully understand it.
clarify	To explain something more clearly.
evaluate	To think about something and make a decision about its value
indicate	When you show where something is or why something is as it is.
obtain	To get something.