








## Key Vocabulary

nutrition   nutrients   carbohydrates   sugars   protein   vitamins   minerals   fibre   fat   water  
 skeleton   bones   muscles   support   protect   move   skull   ribs   spine   muscles   joints

Nutrient	Found in... (examples)
carbohydrates	
protein	
fibre	
fats	
vitamins	
minerals	
water	

Animals, unlike plants which can make their own food, need to eat in order to get the **nutrients** they need. Food contains a range of different nutrients – carbohydrates (including sugars), protein, vitamins, minerals, fats, sugars, water – and fibre that are needed by the body to stay healthy. **A piece 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**.

Can you name some of the bones in the human skeleton? They have scientific names too.

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

