

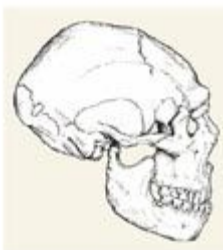
### What you should already know.



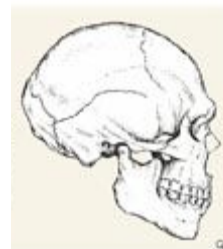
- Animals can be split into different groups
- All animals have basic needs to survive: oxygen, water, food, shelter, temperature
- Animals have different stages in their lives Life cycle
- Humans (and most other animals) need to stay healthy by exercising, eating a balanced diet, resting and being hygienic.

### Key Vocabulary

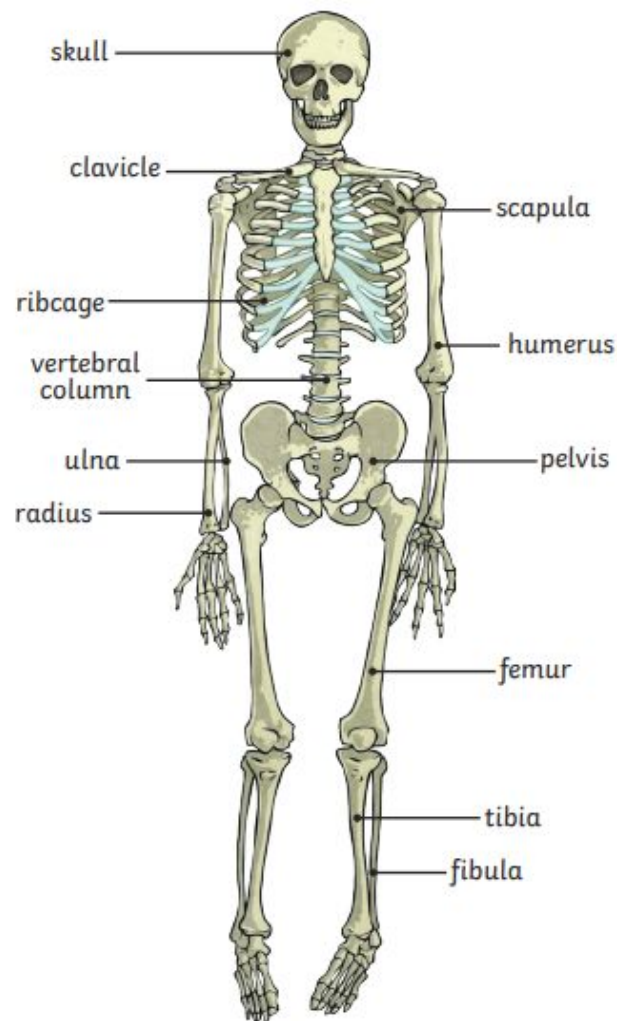
<b>healthy</b>	In a good physical and mental condition
<b>nutrients</b>	Substances that animals need to stay alive and healthy
<b>skeleton</b>	In a human this is a system of bones. It protects organs and supports the body.
<b>joints</b>	Areas where 2 or more bones are joined together
<b>muscles</b>	Soft tissues in the body that relax and contract to create movement
<b>tendons</b>	Cords that join muscles to bones
<b>vertebrate</b>	Animals with backbone - endoskeleton
<b>invertebrate</b>	Animals without a backbone - exoskeleton, hydrostatic skeleton



Neanderthal



Homosapiens



endoskeleton



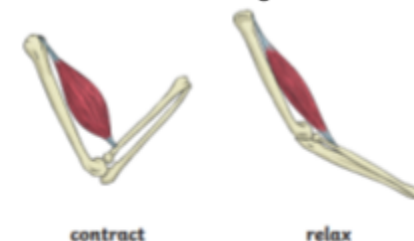
exoskeleton



hydrostatic skeleton

### Muscles

Skeletal muscles work in pairs to move bones by contracting and relaxing



contract

relax

### Nutrients

protein	carbohydrate	vitamins	fibre	minerals	fats	water
Helps growth and repair	Provides energy	Keeps you <b>healthy</b>	Helps you to digest the food that you have eaten	Keeps you <b>healthy</b>	Gives you energy Saturated x Unsaturated ✓	Moves nutrients around the body and gets rid of waste

