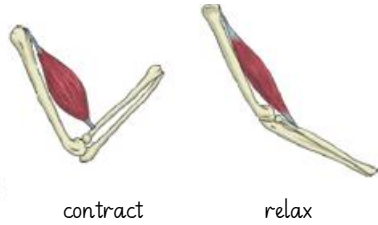
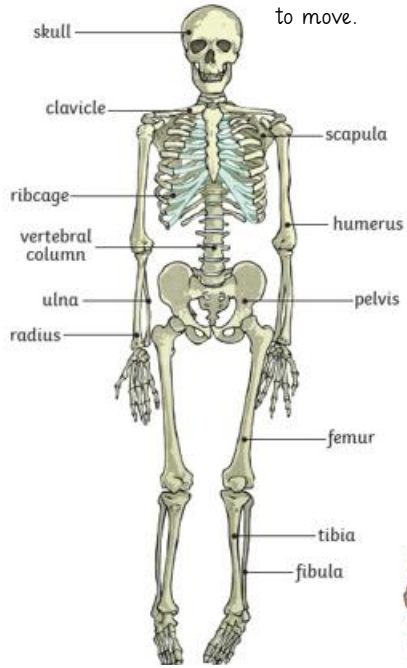




Key Diagrams

Our muscles contract and relax to allow our bodies to move.



Animals are either a vertebrate with an endoskeleton, or an invertebrate, with an exoskeleton.



Vertebrate



Invertebrate

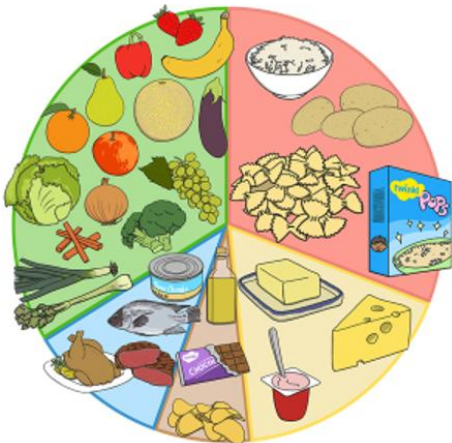
We have skeletons and muscles for support, protection and movement.

Vocabulary

balanced diet	a diet that gives you the right foods for energy, growth and to keep you healthy
endoskeleton	a strong structure found inside the bodies of vertebrate animals
exoskeleton	the hard outer shell of invertebrate animals
invertebrate	animals that don't have a backbone
muscle	parts of your body that move your bones
nutrition	obtaining substances your body needs by eating food
skeleton	all the bones in your body
tendons	CORDS that join your muscles to your bones
vertebrate	animals that have a backbone

Prior Knowledge

- Humans are **omnivores**. We eat both meat and plants.
- **Herbivores** only eat plants.
- **Carnivores** only eat meat.



Food Groups

Unlike plants, humans cannot make their own food. Humans get their nutrition from what they eat.

Fruit and vegetables give us vitamins, minerals and fibre for our body to work properly.

Carbohydrates give us energy for great learning and fun break times.

Protein helps our body to build and repair muscles after we've been thinking or playing.

Dairy and alternatives give us the mineral calcium to keep our bones and teeth strong.

Fats, oils and sugary foods give us energy and keep our body working smoothly. We must try to eat these less often and only in small amounts.