

skeleton	The bones of the body form a framework called the skeleton
bones	Any of the hard pieces that form the skeleton of most animals
muscles	Muscles pull on the joints, allowing humans and other animals to move.
joints	Joints are where two bones meet, without
support	To hold up
protect	To keep safe.
move	To change position.

Plants can make their own food, but animals cannot.

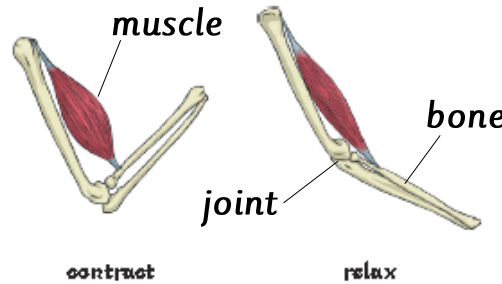
Animals, need to eat in order to get the nutrients they need to stay healthy.

nutrition	Eating and using the nutrients in food for living and growing. Poor nutrition can cause illness
nutrients	Something in food that humans and animals, need to stay alive and healthy.

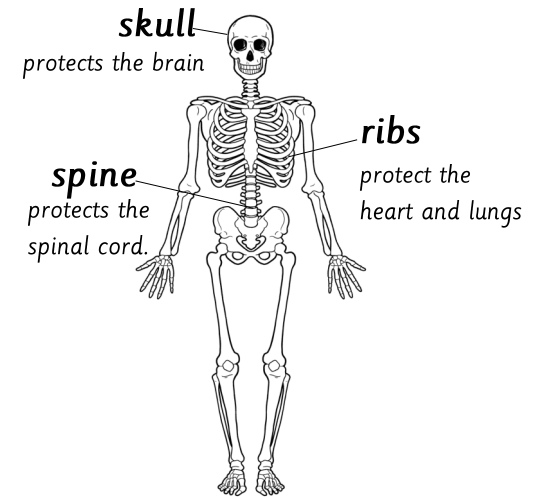
Food contains a range of different nutrients – carbohydrates (including sugars), protein, vitamins, minerals, fats, sugars, water – and fibre that are needed by the body to stay healthy.

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.



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



Nutrient	What it does	Found in (examples)
carbohydrates (including sugars)	Give you energy.	
sugars	Give you energy.	
proteins	Help growth and repair	
fat	Gives you energy.	
vitamins	Keep you healthy.	
minerals	Keep you healthy.	
fibre	Helps you digest your food.	
water	Moves nutrients around your body and helps to get rid of waste.	