

Ospreys Science Spring 2020

How does human nutrition, muscles and skeletons compare to other animals?

Nutrient	Found in... (examples)	What it does/they do
Carbohydrates	Bread, pasta, rice, potatoes	Provide energy
Protein	Meat, fish, eggs, dairy	Helps growth & repair
Fibre	Wholegrain cereals, fruit, vegetables	Helps you digest the food you have eaten
Fats	Butter, oils, cheese, nuts	Provides energy
Vitamins	Fish, vegetables, fruit	Keep you healthy
Minerals	Nuts, vegetables, beans, seeds	Keep you healthy
Water	Fruit and vegetables	Moves nutrients around your body

Key Vocabulary	
Vertebrate	Animals with backbones
Invertebrate	Animals without backbones
Muscles	Soft tissues in the body that contract and relax to cause movement
Tendons	Cords that join muscles to bones
Joints	Areas where two or more bones are fitted together
Healthy	In a good physical and mental condition
Nutrients	Substances that animals need to stay alive and
Energy	Strength to be able to move and grow

- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.
- Skeletons do three important jobs:
 1. protect organs inside the body;
 2. allow movement;
 3. support the body and stop it from falling on the floor.

