








Key Vocabulary

_____	in a good physical and mental condition
_____	substances that living things need to stay alive and healthy
_____	strength to be able to move and grow
saturated fats	_____
unsaturated fats	_____

- Living things need _____ to grow and to be strong and **healthy**.
- _____ can make their own food, but animals cannot.
- To stay **healthy**, humans need to _____, and _____.
- Animals, including humans, need _____, _____ and _____.

Nutrient	Found in... (examples)	What it does/they do
_____		provide energy
_____		helps growth and repair
_____		helps you to digest the food that you have eaten
_____		provide energy
_____		keep you healthy
_____		keep you healthy
_____		moves nutrients around your body and helps to get rid of waste

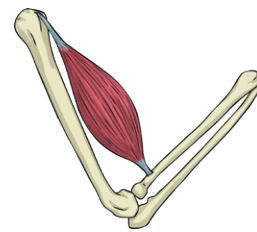
Key Vocabulary

vertebrate	_____
invertebrate	_____
_____	soft tissues in the body that contract and relax to cause movement
_____	cords that join muscles to bones
_____	areas where two or more bones are fitted together

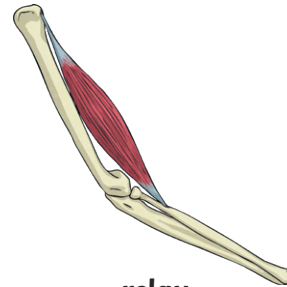
Skeletons do three important jobs:

- _____;
- _____;
- _____.

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



contract



relax



vertebrate

