



Do all plants and animals need exactly the same thing?

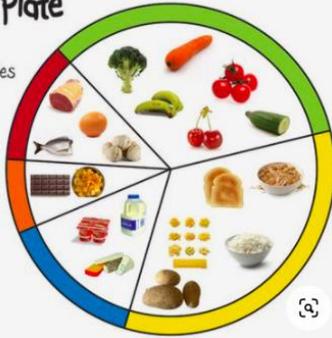
Are some animals more alike than others?

Key Themes: Nutrition, Protection and Movement.

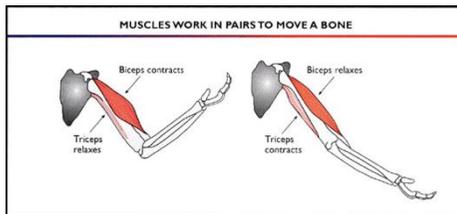
Key Knowledge

A Balanced Plate

- Fruit and vegetables
- Grains, cereals and potatoes
- Dairy products
- Meat, fish, nuts and eggs
- Fats and sugars

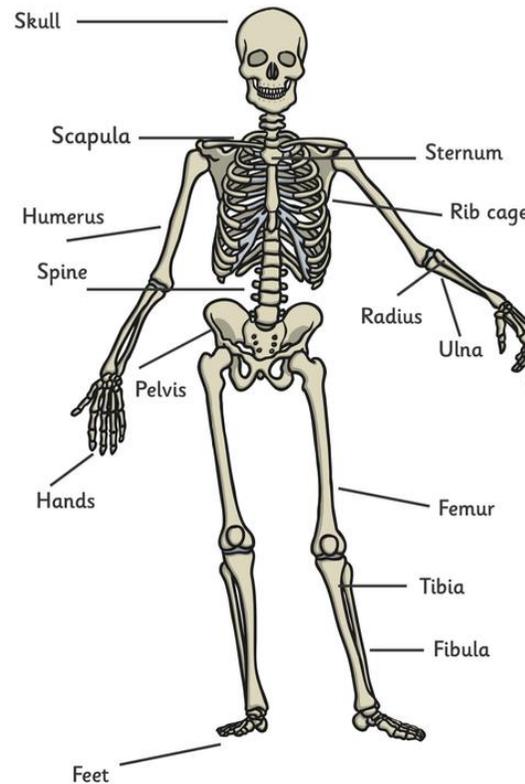


Balanced Diet - The human body needs a **balanced diet to work properly**. Good health involves drinking enough water and eating the right amount of foods from the different food groups.



When a muscle contracts (bunches up), it gets shorter and so pulls on the bone it is attached to. When a muscle relaxes, it goes back to its normal size.

The Human Skeleton



Exoskeleton - An exoskeleton is the external skeleton that supports and protects an animal's body, in contrast to the internal skeleton of, for example, a human. In usage, some of the larger kinds of exoskeletons are known as "shells".

Endoskeleton - An endoskeleton is an internal support structure of an animal, composed of mineralized tissues.

Key Vocabulary

Skeleton - The skeleton provides a protective cage for the delicate organs inside. ... The ribcage protects the heart and lungs. As we grow, our skeleton grows with us. The human skeleton is made up of more than 200 bones.

Carbohydrates - Carbohydrates are in most of the food we eat. For example, fruits contain the carbohydrate fructose and glucose, dairy has lactose, a potato has starch, and the list goes on. Carbohydrates are broken down by the body into simple sugars.

Proteins - Protein builds, maintains, and replaces the tissues in your body. Your muscles, your organs, and your immune system are made up mostly of protein. You'll find protein in lots of yummy foods like eggs, nuts, beans, fish, meat, and milk.

Muscles - All movement in the body is controlled by muscles. Some muscles work without us thinking, like our heart beating, while other muscles are controlled by our thoughts and allow us to do stuff and move around. All of our muscles together make up the body's muscular system.

