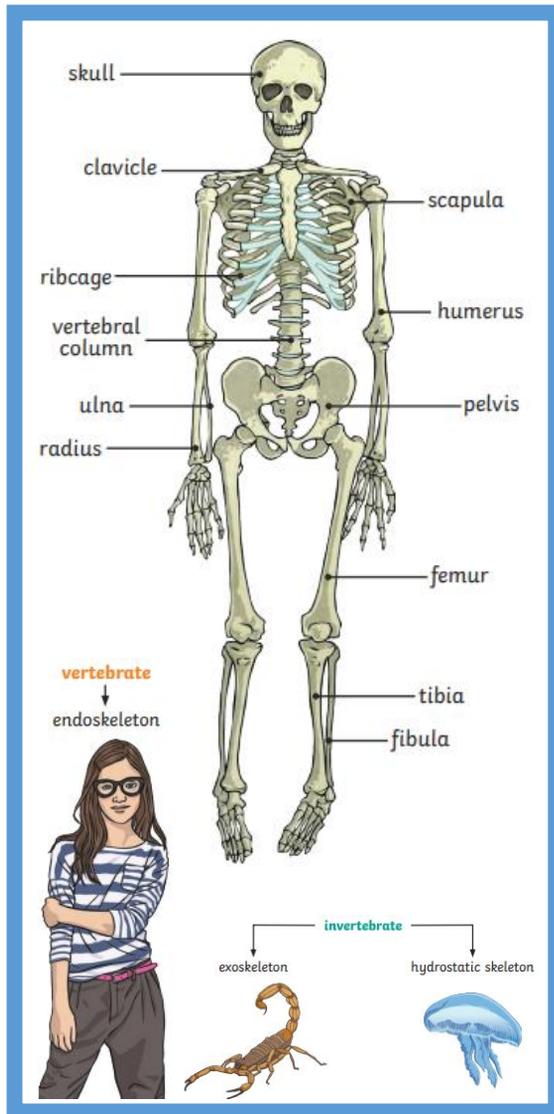




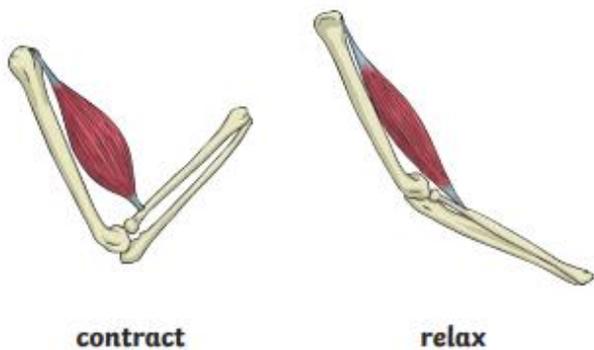
### Key Vocabulary and Spellings

1	healthy	In a good physical and mental condition.
2	nutrients	Substances that animals need to stay alive and healthy.
3	energy	you need to move and do things. A unit of energy is measured in calories. If we eat more calories than we burn we can put on weight.
4	saturated fats	Unhealthier type of fat that should be eaten in small amounts.
5	unsaturated fats	Healthier type of fat that gives you energy, vitamins and minerals.
6	vertebrate	Animals with backbones
7	invertebrate	Animals without backbones.
8	muscles	Soft tissues in the body that contract and relax to cause movement.
9	tendons	Cords that join muscles to bones.
10	joints	Areas where two or more bones are fitted together.



### Top 5 Topic Facts

1	Animals, including humans, need food, water and air to stay alive.
2	Plants can make their food but animals cannot.
3	To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.
4	Skeletons protect the internal organs, allow movement and support the body by keeping it upright.
5	Skeletal muscles work in pairs to move the bones they are attached to by contracting and relaxing.



### Key Investigations

1	What are the different nutrients and what do they do?
2	What does our skeleton do?
3	Do all animals need skeletons?
4	How do muscles work?