



# Humans - Science Knowledge Organiser

## Key Vocabulary

<b>healthy</b>	in a good physical and mental condition
<b>nutrients</b>	substances that living things need to stay alive and healthy
<b>energy</b>	strength to be able to move and grow
<b>saturated fats</b>	types of fats, considered to be less healthy, that should only be eaten in small amounts
<b>unsaturated fats</b>	fats that give you energy, vitamins and minerals

- 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.

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide <b>energy</b>
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide <b>energy</b>
vitamins		keep you <b>healthy</b>
minerals		keep you <b>healthy</b>
water		moves <b>nutrients</b> around your body and helps to get rid of waste



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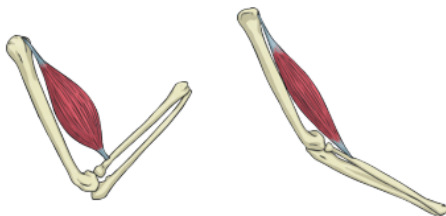
## Key Vocabulary

<b>vertebrate</b>	animals with backbones
<b>invertebrate</b>	animals without backbones
<b>muscles</b>	soft tissues in the body that contract and relax to cause movement
<b>tendons</b>	cords that join muscles to bones
<b>joints</b>	areas where two or more bones are fitted together

Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

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



contract

relax

