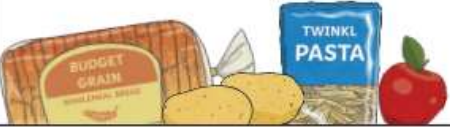
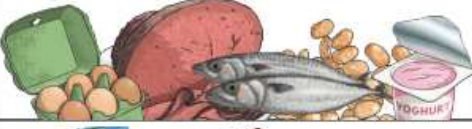


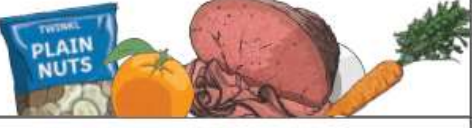



# Animals Including Humans

## nutrients

substances that animals need to stay alive and healthy

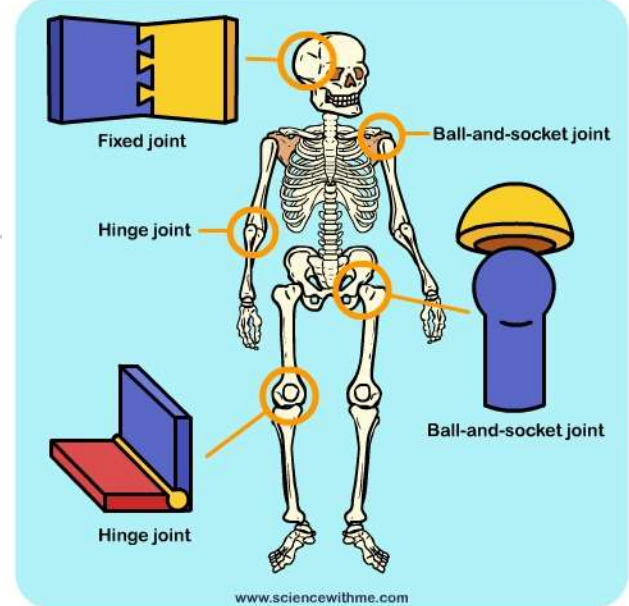
| Nutrient      | Found in... (examples)  | What it does/they do                             |
|---------------|---|--|
| carbohydrates |    | provide <b>energy</b>                            |
| protein       |    | helps growth and repair                          |
| fibre         |   | helps you to digest the food that you have eaten |
| fats          |  | provide <b>energy</b>                            |
| vitamins      |  | keep you <b>healthy</b>                          |
| minerals      |  | keep you <b>healthy</b>                          |

## Vocabulary

|          |           |         |
|----------|-----------|---------|
| animal   | skeleton  | healthy |
| human    | nutrition | muscle  |
| vertebra | diet      | spine   |

Skeletons do three important jobs:

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



vertebrate  
↓  
endoskeleton



invertebrate  
├── exoskeleton  
└── hydrostatic skeleton

