



How can humans and animals move?

Can I survive just by eating vegetables?

Word	Definition
Nutrition	To take in a substance for growth and health
Balanced diet	A diet which contains all the food groups in the right amounts
Bones	Hard white tissue in the body
Muscles	Soft tissues in the body which contract and relax to make movement
Skeleton	Bones inside or outside the body to provide support

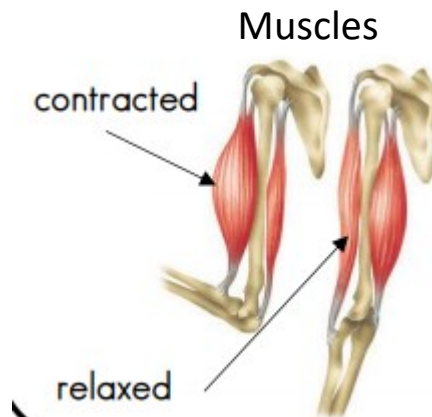
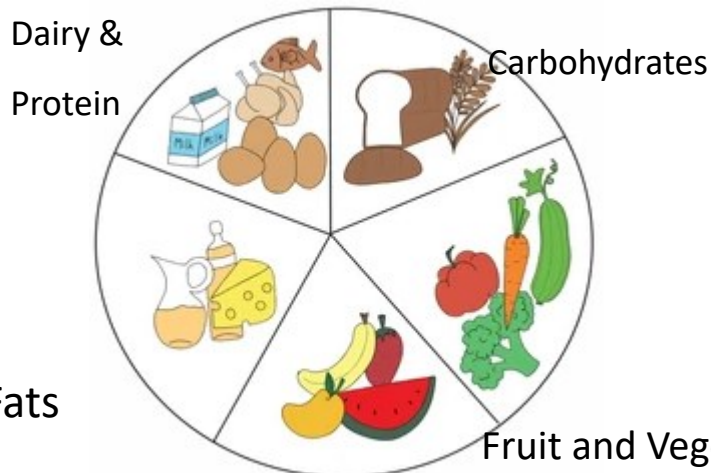
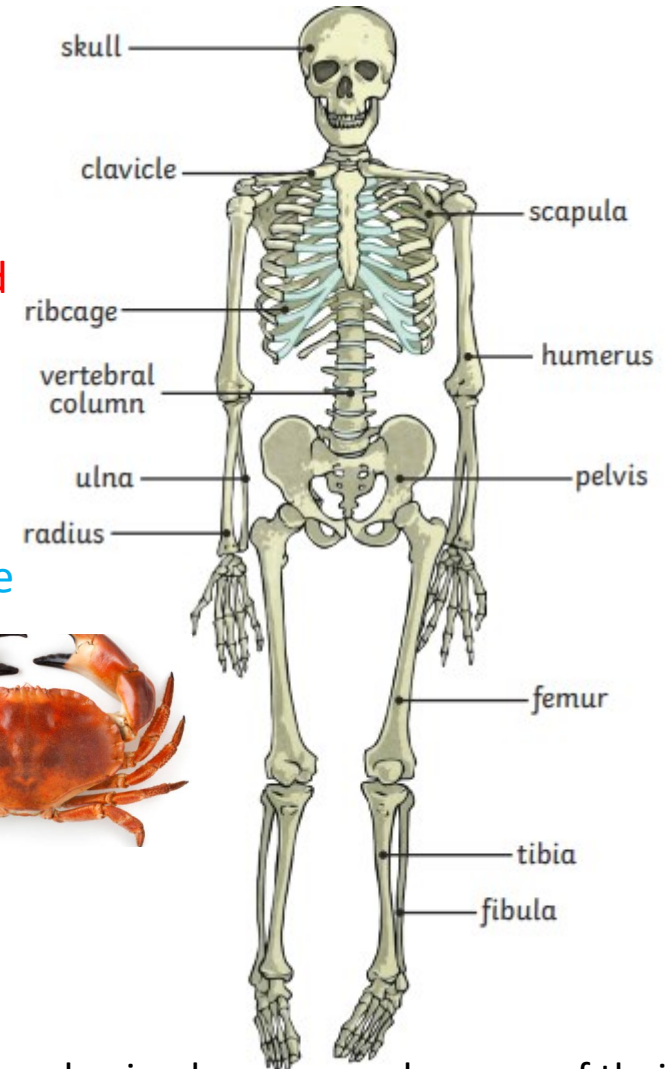
Key Knowledge and Concepts

Know humans and animals cannot make their own food

A balanced diet contains all of these food groups

Skeletons protect humans and animals.

Some animals have their skeleton outside their body called an exoskeleton.



Humans and animals can move because of their bones and muscles.