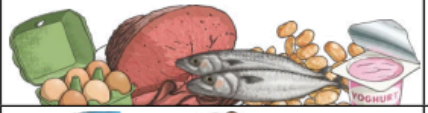
- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

HEALTHY BODY
HEALTHY MIND

How do I keep myself healthy?

I WILL KNOW:

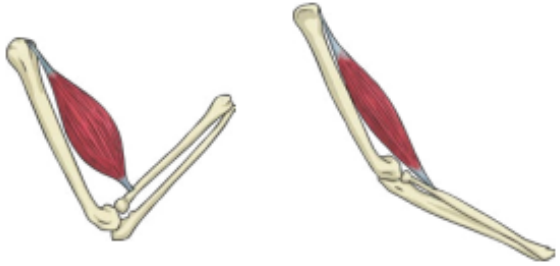
- That animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- That **humans** and some other animals have skeletons and muscles for support, protection and movement
- The simple functions of the basic parts of the digestive system in humans
- The different types of teeth in humans and their simple functions.

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

Skeletons do three important jobs:

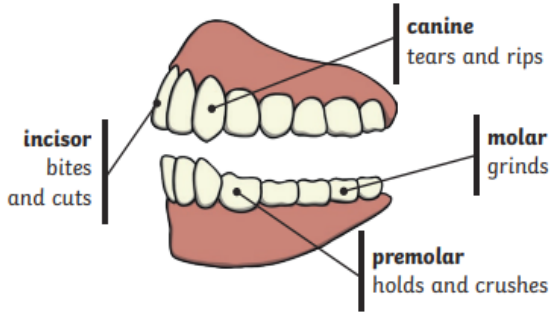
- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

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

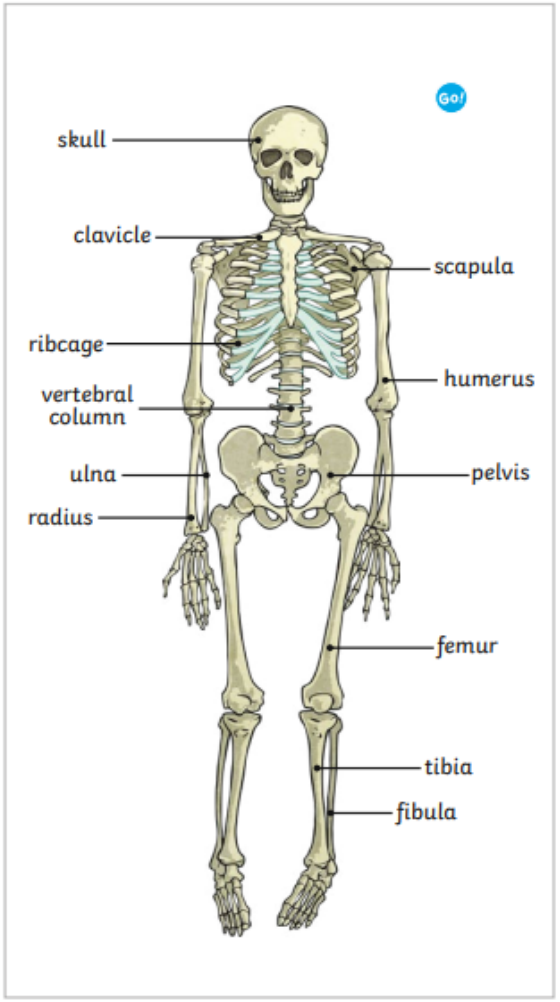
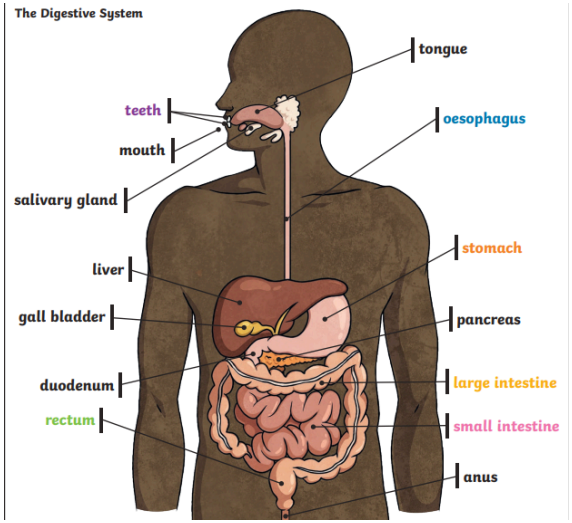


contract **relax**

Human Teeth and Their Functions



Some people have wisdom teeth but they have no function now.



Key Vocabulary	
digest	Break down food so it can be used by the body.
oesophagus	A muscular tube which moves food from the mouth to the stomach.
stomach	An organ in the digestive system where food is broken down with stomach acid and by being churned around.
small intestine	Part of the intestine where nutrients are absorbed into the body.
large intestine	Part of the intestine where water is absorbed from remaining waste food. Faeces are formed in the large intestine.
rectum	Part of the digestive system where faeces are stored before leaving the body through the anus.
teeth	Hard structures in the mouth that help with biting and chewing food.