

Organisms

Big picture

All organisms need a form of nutrition.

Animals get this nutrition by eating food. The food they eat must provide the animals with the nutrients their bodies need to remain healthy.

A balanced diet

For a human to have a balanced diet, they must eat the right amounts of foods that belong to the different food groups. Each food group provides the body with essential nutrients:

- **Carbohydrates** provide the body with a source of energy.
- **Proteins** are needed for growth and repair of the body.
- **Fats** are needed for insulation.
- **Dairy** supplies the body with calcium, which is needed for bone development.
- **Fruits and vegetables** provide the body with vitamins and minerals.

Organs

The human body has many **organs**.

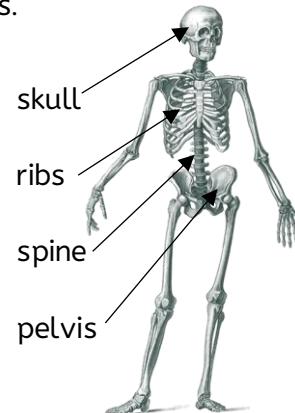
The **heart** is the organ that pumps blood around the body.

The **lungs** are organs that bring air into the body.

Key vocabulary

- **carbohydrate**: (noun) A component of food that is high in energy; sugar, starch and fibre are all carbohydrates.
- **fibre**: (noun) A type of carbohydrate that we cannot digest; it prevents constipation.
- **heart**: (noun) The organ responsible for pumping blood around the body.
- **muscle**: (noun) A part of the body that causes movement when it contracts.
- **organ**: (noun) A part of the body that has a particular job to do.
- **protein**: (noun) A component of food that helps your body grow and repair itself.
- **vitamin**: (noun) An important part of our diet, needed in small amounts to keep us healthy.

Skeletons



Humans have an **endoskeleton** – this is a skeleton inside the body. Our skeleton is made up of bones that grow as we grow.

The skeleton has several roles:

- It protects the organs.
- It supports the body.
- It helps the body move.

Some animals have **exoskeletons** – these are hard coverings outside the body.