

Organisms

By the end of the unit you will be able to understand the role of muscles and skeletons, and know the importance of nutrients.

Key Vocabulary

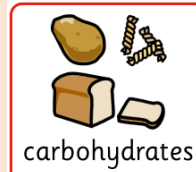
carbohydrate	a component of food that is high in energy. Sugar, starch and fibre are all carbohydrates.
fibre	a type of carbohydrate that we cannot digest. It prevents constipation
heart	the organ responsible for pumping blood around the body
muscle	a part of the body that causes movement when it contracts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

Big Picture

All organisms need a form of nutrition. Animals get this nutrition by eating food. The food they eat must provide the animal with the nutrients the body needs to remain healthy.

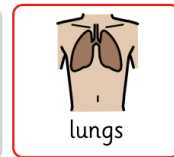
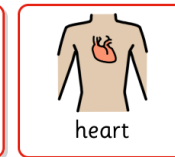
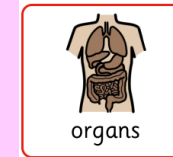
A Balanced Diet

For a human to have a balanced diet, they must eat the right amounts of food that belong to the different food groups.



Organ

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.



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.

