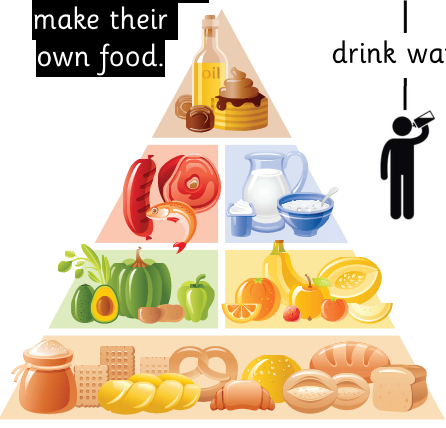




Introduce Animals, including humans

Animals, including humans cannot make their own food.



water

vital for life

drink water



**vitamins
minerals
fibre**

keeps us healthy

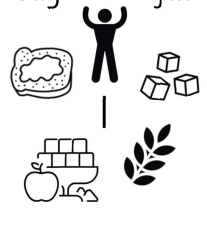
fruit
vegetables



carbohydrates

gives us energy

cereals and
vegetables
sugar and fat



proteins

helps us to grow

meat and fish
eggs and dairy



fats

energy

absorb
vitamins

helps nerves
and brain

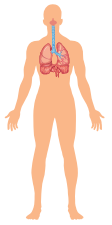
small amounts

human bodies have **systems** to survive



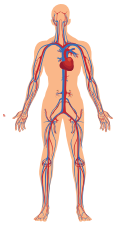
skeleton

frame
|
support
protection
movement



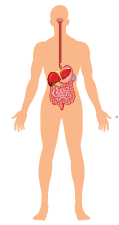
respiratory

breathing
lungs



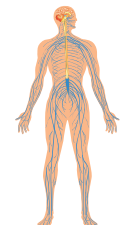
circulatory

heart
blood



digestive

mouth
stomach
intestines
bowel



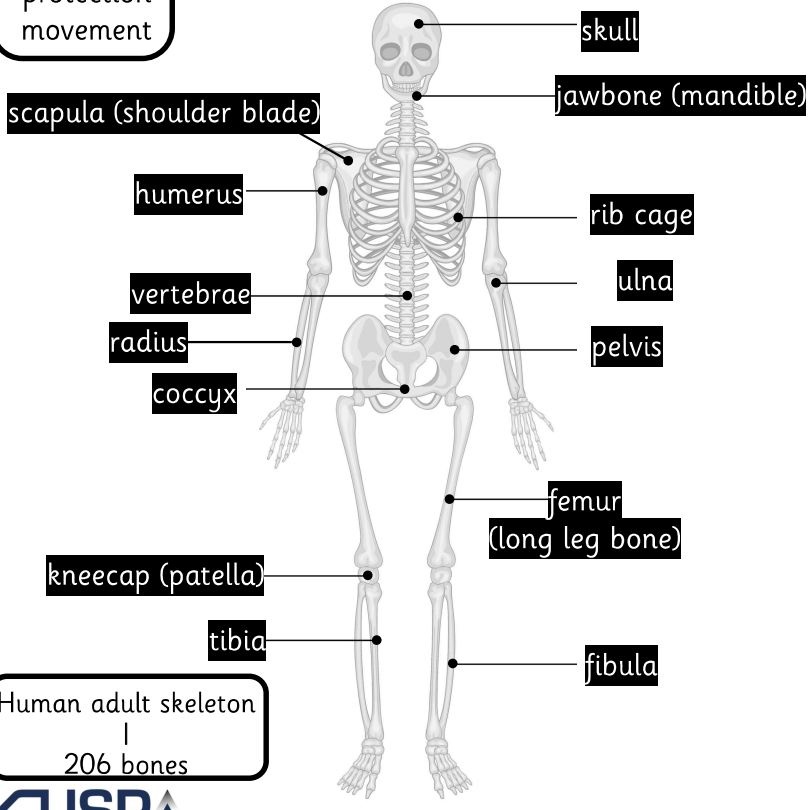
nervous

brain
spinal cord
nerves

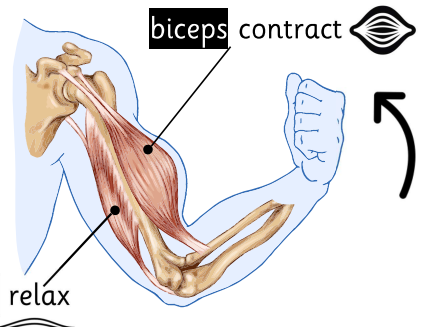


muscle

heart
movement
digestion



Human adult skeleton
|
206 bones



muscles help **movement**

