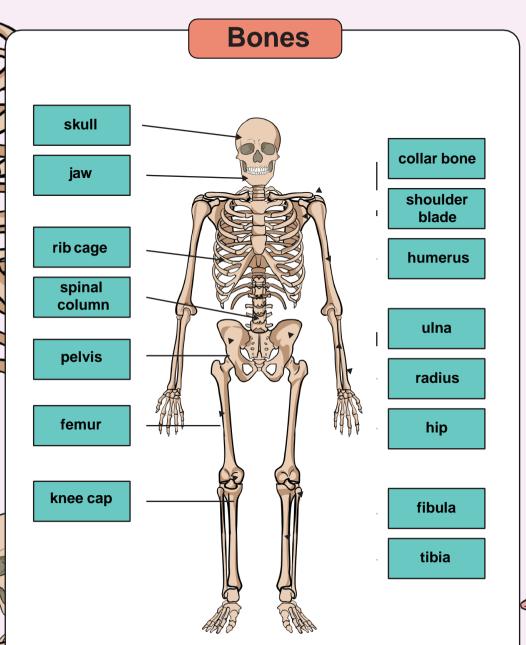
Animals including Humans Knowledge Organiser



Other animals

Vertebrates are animals that have a spine or backbone as part of their skeleton. Humans are vertebrates.

Invertebrates are animal that do not have a backbone. A butterfly is an invertebrate.



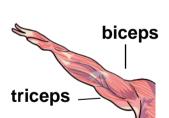
Muscles

To straighten our arm, our biceps relax and our triceps contract. This straightens our arm.

To bend our arm, our biceps contract and our triceps relax. This allows us to bend our arm at the elbow joint.

When we **stretch** our muscles, they become **longer** and **thinner**.

When we contract our muscles, they become shorter.





biceps

triceps

Nutrition

Humans need to eat a healthy balanced diet.

Nutrition is when we eat food to **give us energy.** Adults and children need lots of energy to help them **keep moving** and keep their **bodies healthy!**

Children also need food to help them grow.

The Eatwell **Plate shown** below s a guide to help show us how much of each type of food **we should eat.**



fruit & veg

dairy

sugar & fats

carbs & starches

protein

Key Vocabulary

bone - hard parts of the skeleton

contract - to squeeze together

diet - the food that we eat

exoskeleton - a skeleton on the outside of the body

invertebrate - an animal without a spine/backbone

healthy - things that are good for our bodies

muscle - a bundle of tissue that contracts to allow movement

nutrition - the food we eat that gives us energy

relax - to become less tense

skeleton - a framework of bone to support the body

unhealthy - things that are not good for our bodies

vertebrate - an animal with a spine/backbone