

Animal Nutrition and the Skeletal System

Nutrition

Nutrition is a life process by which living things make or eat food and absorb its nutrients. Plants can make their own food. They make food in their leaves. Animals cannot make their own food. They need to find food to eat.



Fruit and vegetables

Foods in this group contain vitamins and minerals that help the body to fight off diseases. They also contain fibre that is important for the health of our digestive system.



Carbohydrates

Foods in this group contain important nutrients and are the body's main source of energy. They also contain fibre.



Proteins

Foods in this group contain a nutrient called protein that helps the body build muscle and allows it to grow and repair.



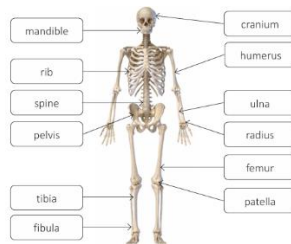
Dairy and alternatives

Foods in this group contain a nutrient called calcium, an important mineral for healthy bones, nails and teeth.



Oils and spreads

Foods in this group contain fat, which helps the body absorb certain vitamins and provides essential nutrients. However, oils and spreads should only be eaten in small amounts.



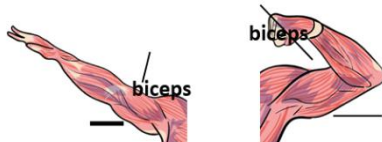
The human skeleton

The adult human skeleton is a frame of 206 bones that supports the body and gives it shape. It allows the body to move and protects soft, internal organs like the brain, heart and lungs.



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**.



Carnivores, herbivores and omnivores

Animals can be carnivores that eat meat, herbivores that eat plant parts, or omnivores that eat both meat and plant parts.

Eatwell guide



The Eatwell guide shows the proportions of foods from the five main food groups that humans should eat for a healthy, balanced diet. Sugary, salty and fatty foods are outside the Eatwell plate because they are not part of a balanced diet. Some humans do not eat this type of healthy, balanced diet. They either eat too much food, too little food or the wrong types of food. This can result in malnutrition, meaning poor nutrition, which causes health problems.

Vocabulary

bones	one of the hard parts of the skeleton of a vertebrate
healthy	in a good physical and mental condition
invertebrate	An animal without a spine
nutrients	substances that living things need to stay alive and healthy
muscles	soft tissues in the body that contract and relax to cause movement
vertebrae	One of the small bones that form the spine
vertebrate	An animal with a spine