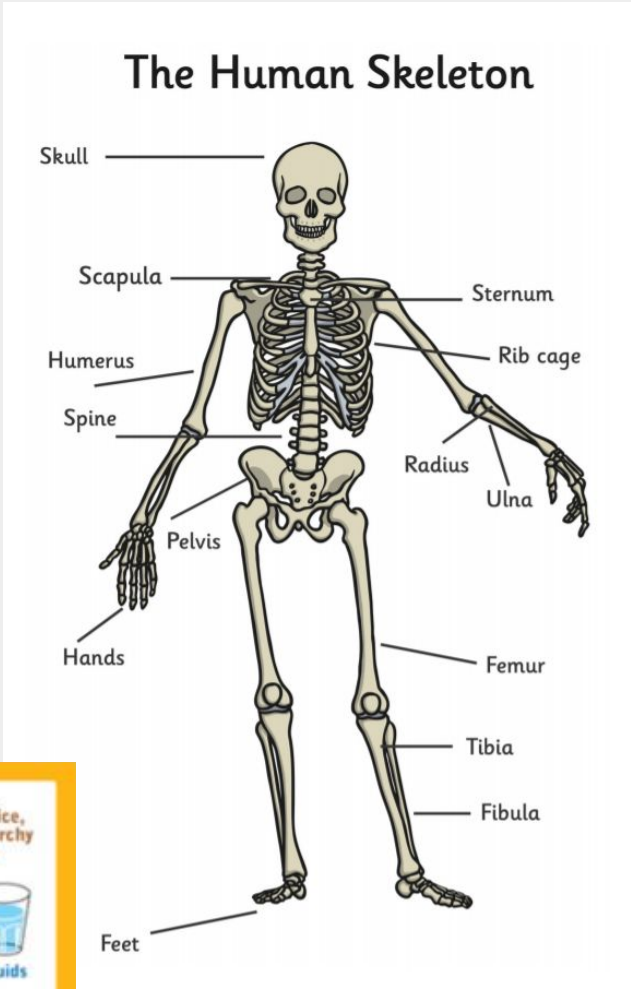




# Animals Including Humans

- Animals, including humans, need the right types and amount of nutrition to grow, be strong and stay healthy.
- The 5 food groups are: Fruit and veg, carbohydrates, fats, proteins and dairy
- Some of the important nutrients are: Protein, fibre, carbohydrates, fat, vitamins and minerals
- Animals and humans need skeletons and muscles for support, protection and movement.



**Tier 3**  
**Nutrition:** Food. Good nutrition means the food that will make us healthy and strong. Poor nutrition means we don't eat enough of the food that will make us healthy and strong.  
**Muscles:** The parts of your body that allow you to move.  
**Vertebrate:** Vertebrate animals are animals that have a backbone. They have a skeleton inside their bodies.  
**Invertebrates:** Invertebrate animals do not have a skeleton inside their bodies.  
**Herbivore:** These are animals that eat only plants.  
**Omnivore:** These are animals that eat plants and animals.  
**Carnivore:** These are animals that eat only animals.

