

ANIMALS including

HUMANS

Knowledge Organiser

Overview

Nutrition

Nutrition is about eating a healthy balanced diet. There are five main food groups. List the five food groups below:

1. -----
2. -----
3. -----
4. -----
5. -----

Skeletons

An animal with a backbone is called a ----- . An animal without a backbone is called an ----- .

Key Vocabulary

carbohydrates	provides the body with energy
protein	helps build and repair muscles and bones
fats	gives the body energy
fibre	helps maintain a healthy weight
vertebrate	has a backbone
invertebrate	cold-blooded animal with no backbone
endoskeleton	an internal skeleton
exoskeleton	external skeleton that protects the body
hydrostatic skeleton	flexible skeleton supported by fluid pressure

Vertebrate or invertebrate?

What do I already know?

What are the five food groups?

Animals including humans need food to eat, water to drink and air to breathe to survive.



