



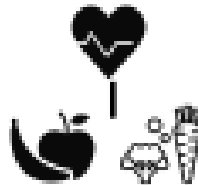
Animals, including humans cannot make their own food



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

skull
jawbone (mandible)
scapula (shoulder blade)
humerus
rib cage
vertebrae
ulna
radius
pelvis
coccyx
femur (long leg bone)
kneecap (patella)
tibia
fibula

Human adult skeleton
206 bones

biceps contract
triceps relax
muscles help movement

biceps relax
triceps contract