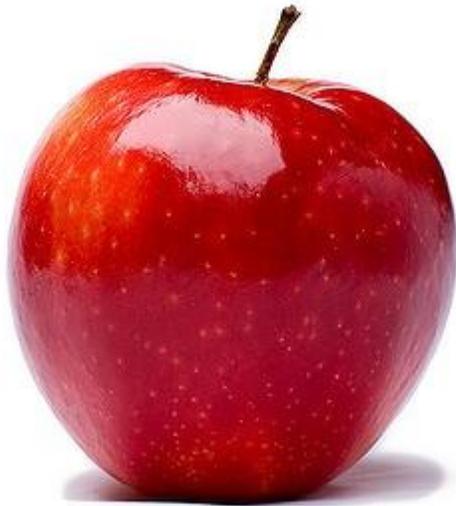


Science, Health and Fitness

Quiz



There are some missing words on each slide. Each word or group of words has a number. Read the text and guess the missing word. Write the word on your sheet.

Some are quite easy, others are a bit harder and on some you get the first letter to give you a clue! If you're not sure of a word, give it your best guess. Have a go at spelling it correctly but don't worry if you are not exactly right.

Good Luck!



Only can make their own food. They do this using sunlight and water. Animals must get their food by eating plants or other animals.



These are both examples of a

Animals can be classified into 3 groups according to how they feed

Carnivores



Eat other animals

3.



Eat plants

Omnivores



4.

A healthy 5. for a human should include at least 5 portions of fruit and vegetables every day.



But it should not include too much 6.

Humans eat five main types of food



7. C



Fruit and Vegetables



Proteins



8. D



Fats and Sugars

Each group
does
something
different in
the body



Fruit and vegetables contain
vitamins and fibre to keep you
healthy



This food group contains
calcium which is a mineral
needed by the body for
strong

and



Sugars and fats should
be eaten only in small
amounts. They give
you energy.



This food group gives you energy
that releases slowly to help keep
you going a long time without
feeling hungry



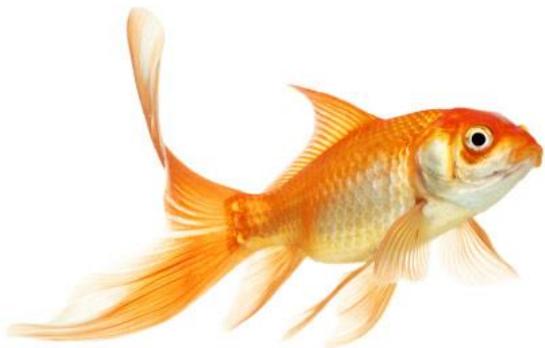
Protein foods are needed by
the body for
and

This diagram is called the Plate. It helps to show us how much of each type of food we should eat to have a healthy diet.

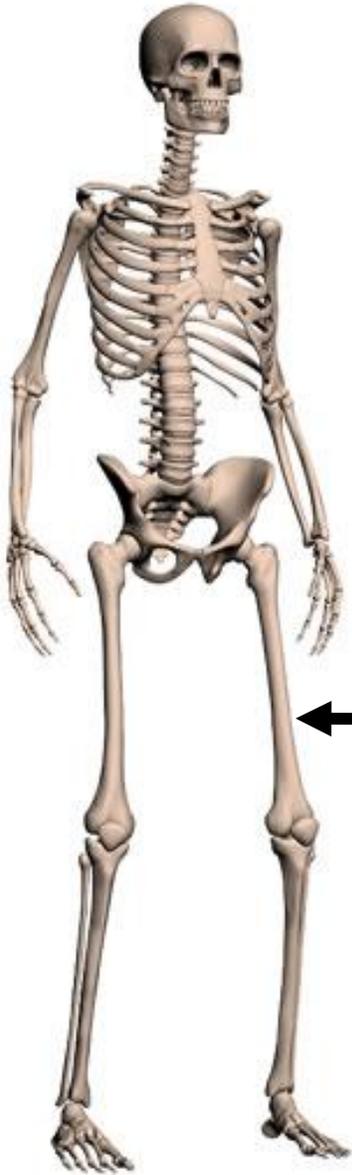
For good , we should try to eat foods in these proportions.



Many animals have a skeleton with a backbone that is inside their body but lots do not. Animals that have a backbone are called Vertebrates and animals that do not are called .



Two of these animals are vertebrates. They are the and the .



An adult human skeleton has

19.

Choose one

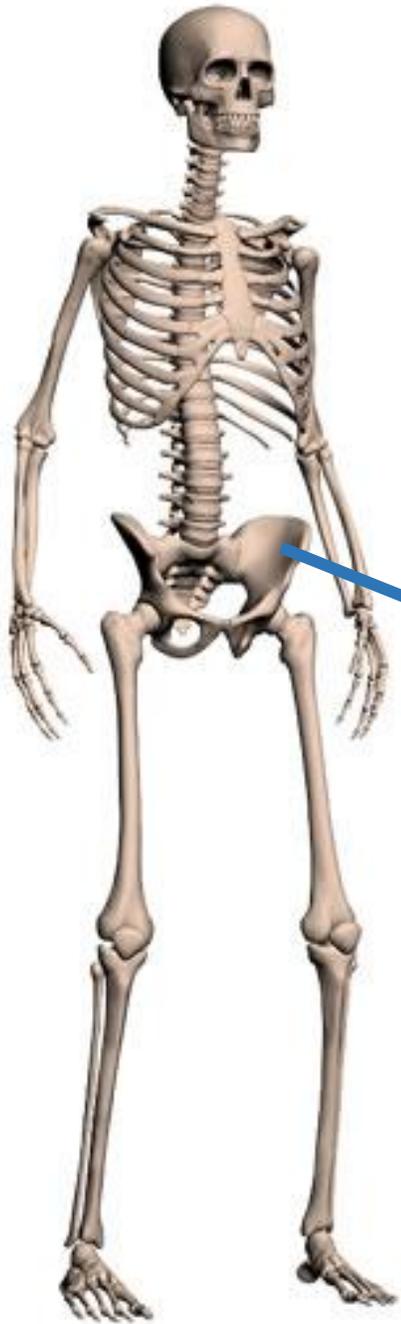
120

206

260

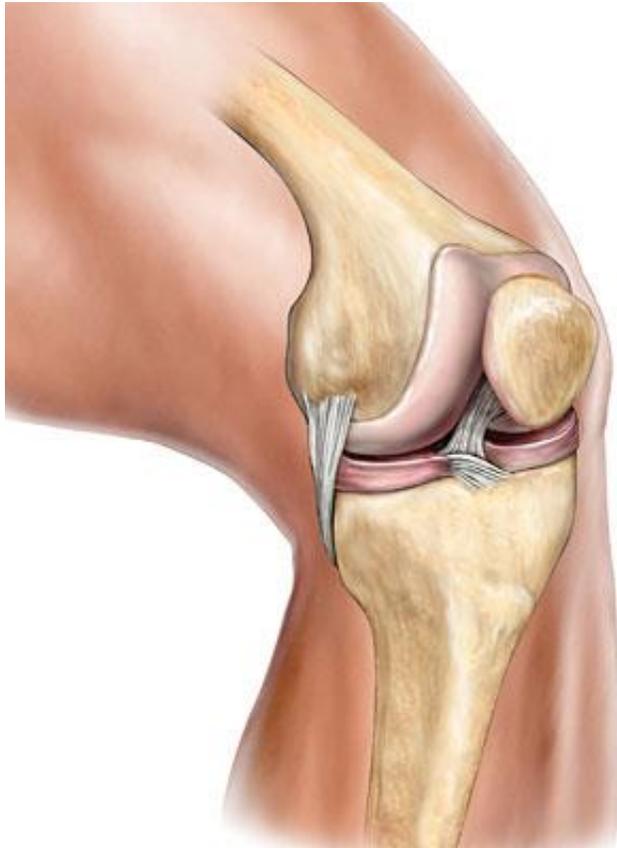
The longest bone is called
the

20. f



The skeleton gives the body .
It also protects delicate organs, for
example the protects the
brain.

This bone is called the



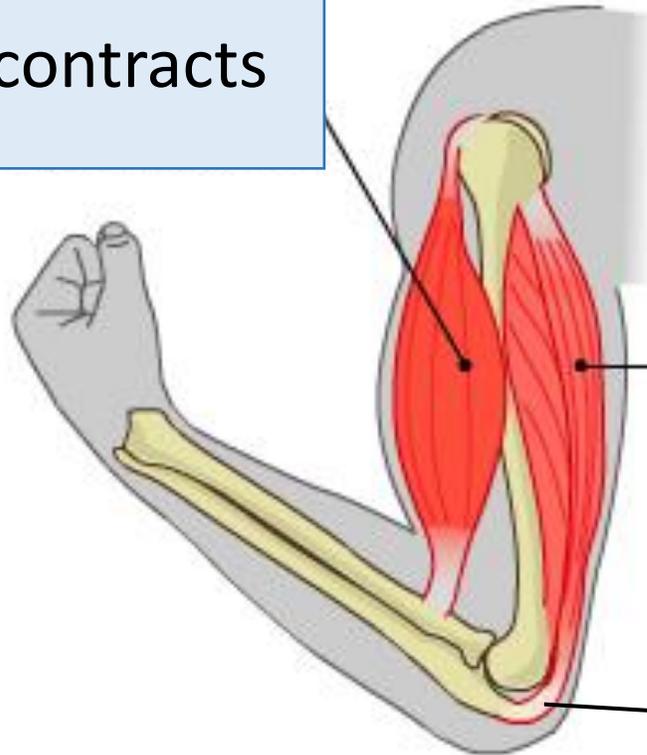
This is a knee 24. J. It is the place where the leg bones meet.

Your bones cannot move on their own, they need

25.

These are responsible for every movement your body makes.

The biceps contracts



They work in pairs to make a joint bend.

The triceps

26. r

They are attached to the bone by a

27. t

Our muscles need to work. We breathe it in from the air around us.

You breathe using a very powerful muscle called the

