

## Nutrition

All living things need food. They need food to be able to:

- grow and move
- keep healthy
- repair damage to the body

Plants make food in their leaves from sunlight, water and gas from the air. They obtain other nutrients from the soil through their roots. Animals eat plants and other animals for food.

## Herbivores

Animals that just eat plants are called **herbivores**. Cattle, camels, goats, and caterpillars are herbivores.

## Carnivores

Animals that mainly eat other animals are **carnivores**. Cheetahs, crocodiles, snakes and spiders are carnivores.

## Omnivores

Animals that eat a mixture of plant and animal food are called **omnivores**. Chimpanzees, rats, bears and people are omnivores.

## Predators and prey

Animals that hunt other animals for food are called **predators**. The animals they hunt are they **prey**.

## Food chain

A leaf grows on a tree. A caterpillar eats the leaf. A bird eats the caterpillar. A snake eats the bird. An eagle eats the snake. The food that the leaf made from sunlight, water and air has fed each of the animals in turn. Its energy passes along a chain.

This diagram shows how energy in the leaf is passed on to the caterpillar and then to the other animals. It is called a **food chain**.

## Good nutrition and poor nutrition

To stay healthy, human beings must eat a variety of foods to obtain all the different nutrients we need. If children or adults eat too much food they become

overweight. If children have too little food, they do not grow and suffer from disease. We say they are underweight or malnourished.

## What you have learnt

\_\_\_\_\_ eat plants. \_\_\_\_\_ eat other animals. \_\_\_\_\_ eat both plants and animals.

\_\_\_\_\_ hunt other animals. The animals they hunt are their \_\_\_\_\_.

A \_\_\_\_\_ shows how energy passes from plants to animals. Animals eat plants and are then eaten by other animals.