








Key Vocabulary

Significant information

Vocabulary

1	Skeleton	Keeps the body in shape, helps movement and protects organs
2	Skull	A bone that protects the brain
3	Ribcage	A bone that protects the heart
4	Heart	Muscle that pumps blood around the body
5	Joints	Area where two bones meet
6	Consumers	Eating food you cannot create yourself
7	Muscle	Attached to the bone and are responsible for movement
8	Posture	The position that a person sits in
9	Nutrients	Substances that help plants and animals to grow
10	Organs	Tissues in the body that perform functions
11	Vitamins	Substances found in foods that keep you healthy
12	Digest	When food in the stomach is broken down
13	Tendon	A strong cord in a person or animal's body which joins a muscle to a bone

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide <b>energy</b>
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide <b>energy</b>
vitamins		keep you <b>healthy</b>
minerals		keep you <b>healthy</b>
water		moves <b>nutrients</b> around your body and helps to get rid of waste

## Important Facts

- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

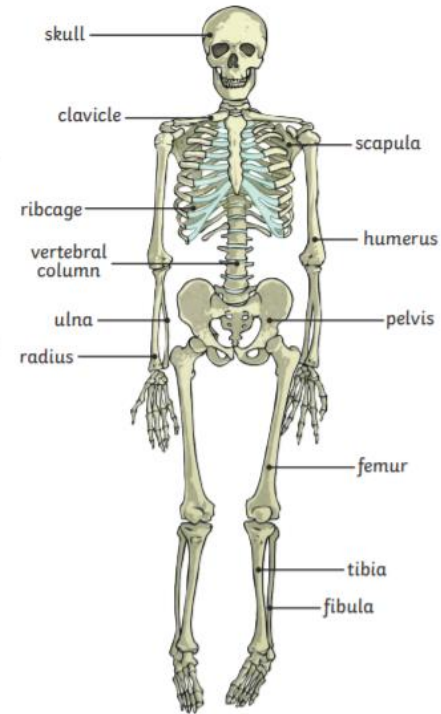
Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



contract

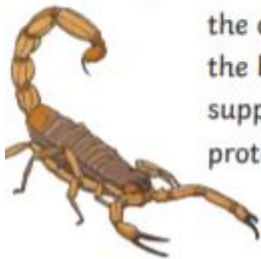


relax



### invertebrate

**exoskeleton** – a skeleton on the outside of the body that supports and protects it



**hydrostatic skeleton** – a skeleton made up of a fluid-filled compartment in the body called a coelom, mainly found in soft-bodied animals

