Key Vocabulary

Balanced diet – a diet consisting of proper quantities of each food type to maintain health and growth.

Deficiency – not having enough of something that your body needs.

Endoskeleton – a skeleton inside of the body.

Exoskeleton – a skeleton outside of the body.

Invertebrates – animals without back bones.

Joints - areas where two or more bones are fitted together.

Movement - change the position of a person or thing.

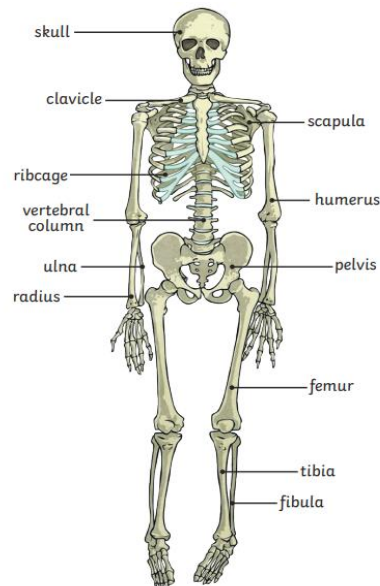**Muscles -** soft tissues in the body that contract and relax to cause movement.

Nutrients - substances that living things need to stay alive and healthy.

Skeleton - A framework of bones in an animal's body.

Support - to hold something up.

Tendons - cords that join muscles to bones.

Vertebrate – animals with back bones.

THE HUMAN SKELETON

skull, clavicle, scapula, ribcage, humerus, vertebral column, ulna, pelvis, radius, femur, tibia, fibula

Skeletons do three important jobs:
• **protect** organs inside the body
• allow **movement**
• **support** the body and stop it from falling on the floor.

DIFFERENT TYPES OF SKELETONS

Vertebrates have an endoskeleton – a skeleton on the inside of the body that supports and protects it.

Invertebrates have either an exoskeleton – a skeleton on the outside of the body that supports and protects it.

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

MUSCLES

Muscles help us to move. When a muscle contracts the muscle shortens and pulls on the bone it is attached to. When the muscle relaxes the muscle goes back to its normal size and the bone moves back again. Muscles work in pairs.
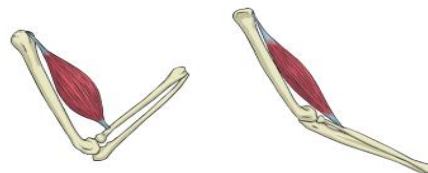
contract   relax

NUTRITION

Humans need food to grow and to be strong and healthy. To stay healthy, humans need to exercise, eat a healthy diet and be hygienic. All animals, including humans, need food, water and air to stay alive.

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

Visit these websites to find unlock even more knowledge:

https://www.dkfindout.com/uk/human-body/skeleton-and-bones/

https://www.nhm.ac.uk/