

Key Vocabulary

Skeleton – a framework of bones supporting the body

Muscles – a soft tissue in the body that contracts and relaxes to cause movement of the skeleton

Joints – a structure in the human or animal body at which two parts of the skeleton are fitted together

Nutrition – the process of providing or obtaining the food necessary for health and growth

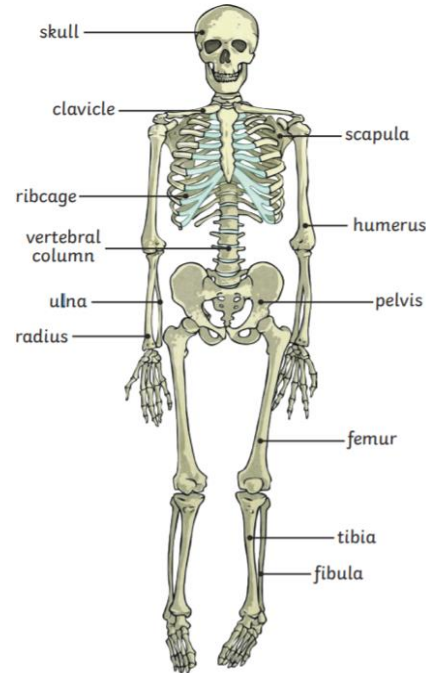
Minerals – materials found in foods that are essential for growth and health

Vitamins - substances found in foods that keep you healthy

Year 3 Animals including humans

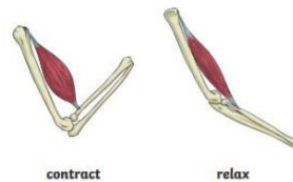
HUMAN SKELETON

The bones in our skeleton provide support so we can stand, move and protect of our organs.



Muscles

Muscles are attached to the skeleton to help us move. They either contract (bunch up) or relax (go back to normal) to move the bones



BALANCED DIET

Unlike plants, humans do not make their own energy so they need to eat to get energy. In order to be healthy we need to eat a balanced diet with more of some things and less of others

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

The bones in our legs support us and help us stand.

The bones and muscles in our legs help us move.



A cat skeleton