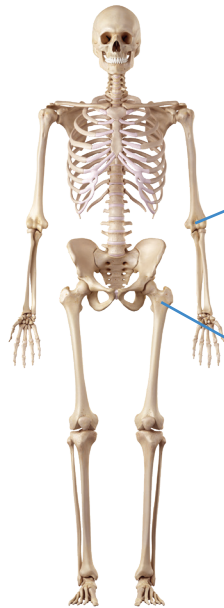


Skeleton

There are 206 bones in an adult human skeleton.

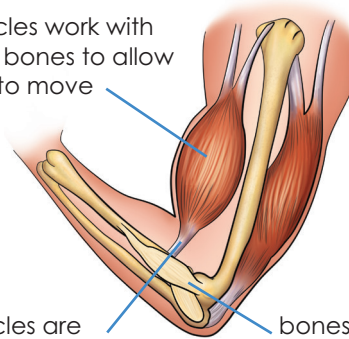
The skeleton:

- supports your body
- protects your organs
- allows your body to move.



Bones meet at joints. Joints allow movement.

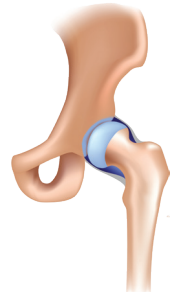
muscles work with your bones to allow you to move



muscles are joined to bones by tendons

bones are joined together by ligaments

Your elbow is an example of a hinge joint.



Your hip is an example of a ball-and-socket joint.

Some hard parts of your body, like your ears and the tip of your nose, are made of cartilage, not bone.

Vertebrate	Invertebrate
An animal with a backbone	An animal without a backbone
Have an endoskeleton (inside the body)	Have an exoskeleton (outside the body)

Nutrition

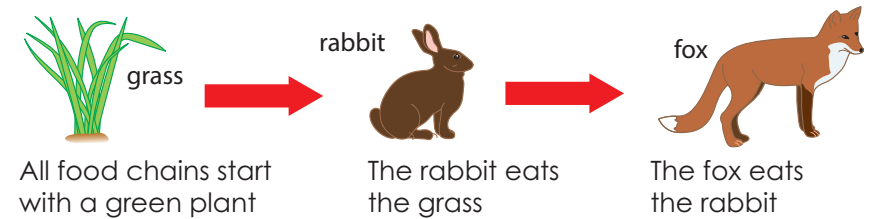
Nutrition is the process of giving your body the food it needs to work properly. Your body needs:



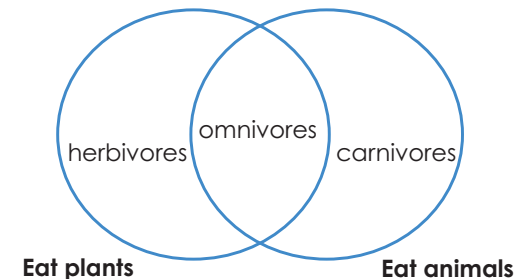
When you eat the right amount of each food group, your diet is balanced.

Food chains

Animals cannot make their own food. Food chains show what different animals eat.



Animals can be grouped by what they eat:



Word	Definition
balanced diet	Eating different foods with the right amount of nutrients to be healthy.
bone	A hard material that forms the skeleton of the body.
carbohydrate	One of the main food groups that gives us energy.
carnivore	An animal that eats only meat.
cartilage	A tough and flexible tissue attached to a bone such as in the nose or ear.
endoskeleton	A hard skeleton found on the inside of a body.
exoskeleton	A hard skeleton found on the outside of a body
fat	Many foods contain fat. Cheese and butter have lots of fat. Vegetables and fruit have only a little fat.
fibre	A substance in some foods which we need to help our body digest things properly.
food chain	Animals eat plants or other animals. The way this happens is shown in a food chain.
herbivore	An animal that eats only plants.
hinge joint	Movable joints which allow movement in a single plane only.
invertebrate	An animal without a backbone (spine).

Word	Definition
joint	A part of the skeleton where two bones meet and can move
ligament	A strong tissue that holds two bones together.
movement	When something goes from one place to another.
muscle	Parts of your body that pull on your bones so you can move.
nutrition	The food someone needs to keep them alive and healthy.
omnivore	An animal that eats both plants and meat.
protection	Keeping someone or something safe.
protein	A substance that is found in some types of food, for example meat, eggs and cheese. Your body needs protein to help you to grow.
skeleton	All the bones in the body.
support	To hold something in place.
tendon	Joins a muscle to a bone.
vertebrate	An animal with a backbone (spine).