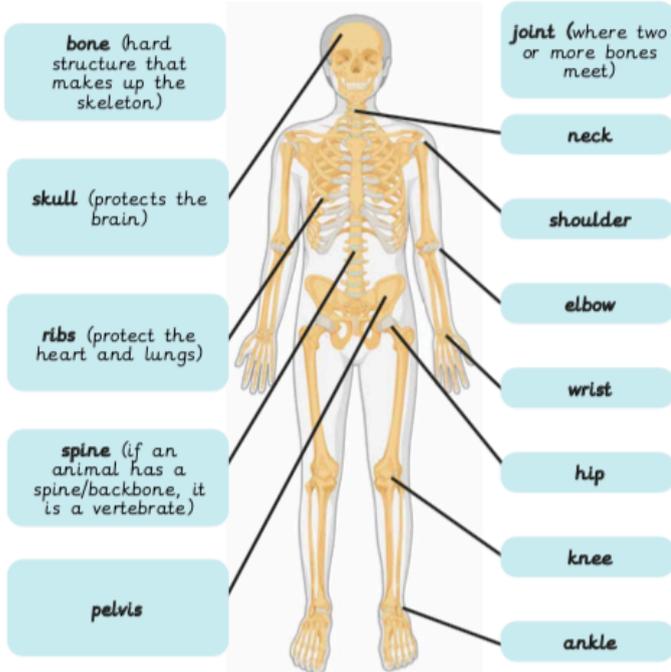


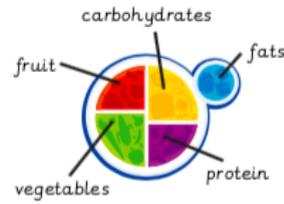
**The human skeleton**



Muscles attach to bones to cause a movement. A muscle can shorten to pull on the bone. Another muscle will need to pull in the opposite direction to change the position.

**What are the different nutrients?**

There are seven **nutrient** groups essential for survival. Eating all of these in the right amounts provides a balanced diet.



**Carbohydrates** give energy.  
**Protein** is needed for growth and repair.



**Fats and Oils**- These are needed as an energy store to keep bodies warm and protect organs.



**Fibre** keeps food moving through the digestive system.



**Vitamins and minerals** are important for health and help the body to work. For example, vitamin A (vitamins) is needed for healthy eyes and calcium (minerals) is needed for healthy teeth and bones.

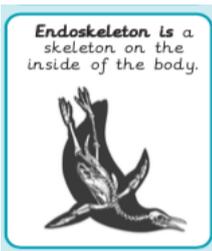


**Water** helps the body to work, transport nutrients and remove waste.



**Vertebra and Invertebrate**

Vertebrate is an animal with a backbone.



An invertebrate may have an exoskeleton (a skeleton on the outside of the body) or no skeleton at all.



Read all about it! Can you find these books in your local library?



**Key Vocabulary**

balanced, biceps, carbohydrates, contract, diet, exoskeleton, femur, humerus, joint, muscle, nutrients, protein, relax, skeleton, triceps, vertebrate



**Scientific enquiry types**

