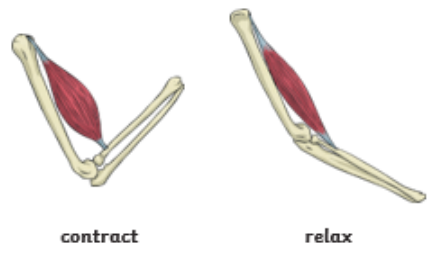


Eatwell Guide

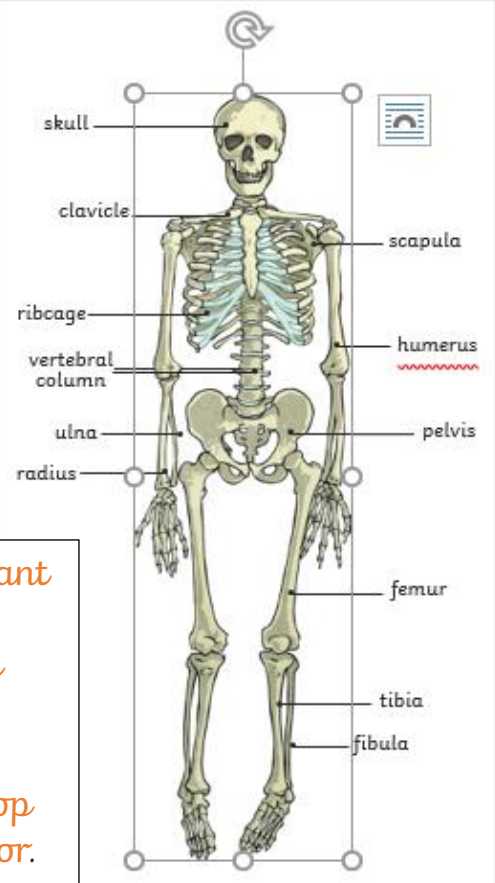


Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



Our

Amazing Bodies



Skeletons do three important jobs:

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



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.

Key Vocabulary

Survive, protection, shelter, food, balanced diet, nutrition, carbohydrates, protein, roughage, fibre, sugar, fat, dairy, skeleton, bones, protect, support, move, muscles, joints, tendons, vertebrate, invertebrate, spinal cord, brain, tail bone,

Glossary

healthy	in a good physical and mental condition
nutrients	substances that animals need to stay alive and healthy
energy	strength to be able to move and grow
saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts
unsaturated fats	fats that give you energy, vitamins and minerals

vertebrate	animals with backbones
invertebrate	animals without backbones
muscles	soft tissues in the body that contract and relax to cause movement
tendons	cords that join muscles to bones
joints	areas where two or more bones are fitted together

