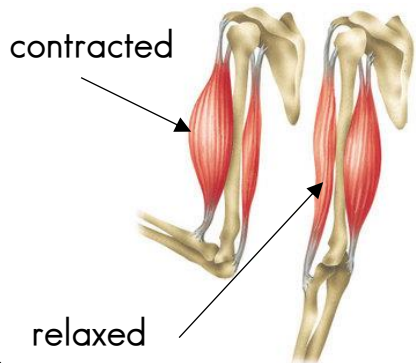


MUSCLES

Skeletons move because bones are attached to muscles.

When a muscle contracts (bunches up), it gets shorter and so pulls up the bone it is attached to.

When a muscle relaxes, it goes back to its normal size.



HEALTHY EATING

To keep your body fit and healthy you need a balanced diet using all of the food groups.

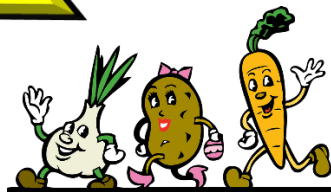
Carbohydrates - Main source of energy for our bodies (rice, potatoes, pasta and bread).

Protein - Repairs and builds muscles, organs and immunity (fish, meat, eggs and cheese).

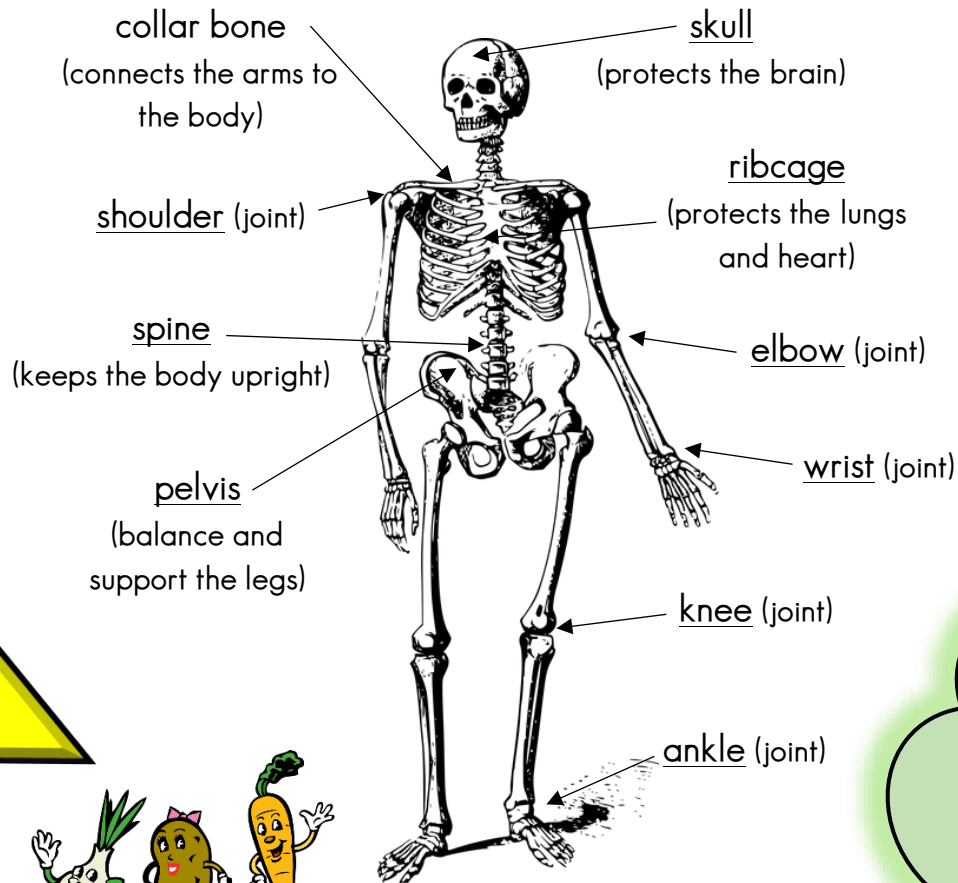
Sugar and Fats - Stored for energy and creates a layer of fat to keep us warm.

Should not have too much of these (chocolate, sweets, butter, oil, cream).

Vitamins and Minerals - Keeps us growing and fighting infections (fruit and vegetables).



THE SKELETON AND MUSCLE SYSTEM



The skeleton protects our internal organs, keeps us supported and helps us move.

TOOTH DECAY



- 1.) Tooth decay is the destruction of your tooth enamel
- 2.) Milk is a good source of calcium and good for your teeth.
- 3.) Plaque, a sticky film of bacteria, constantly forms on your teeth.
- 4.) When you eat or drink foods containing sugars, the bacteria in plaque produce acids that attack tooth enamel.
- 5.) Tooth ache and bad breath are symptoms of tooth decay.

