

VOCABULARY

**Vertebrate**- An animal with a backbone inside their body.

**Bones**- The hard parts inside your body which form your skeleton.

**Skeleton**- The framework of bones in your body.

**Backbone (Spine)** The column of small, linked bones down the middle of your back.

**Muscle**- move the different parts of your body, inside and out.

**Healthy**- feeling well and not suffering any illness.

**Exercise**- a physical activity to keep your body fit.

**Hygiene**- how clean something is.

**Disease**- an illness which affects people, animals or plants. bacteria or virus.

**Balanced diet**- Choosing foods in the right amounts from each of the food groups.

What do we need to survive and be healthy?

**Balanced diet (Food)**



**Water**



**Air**



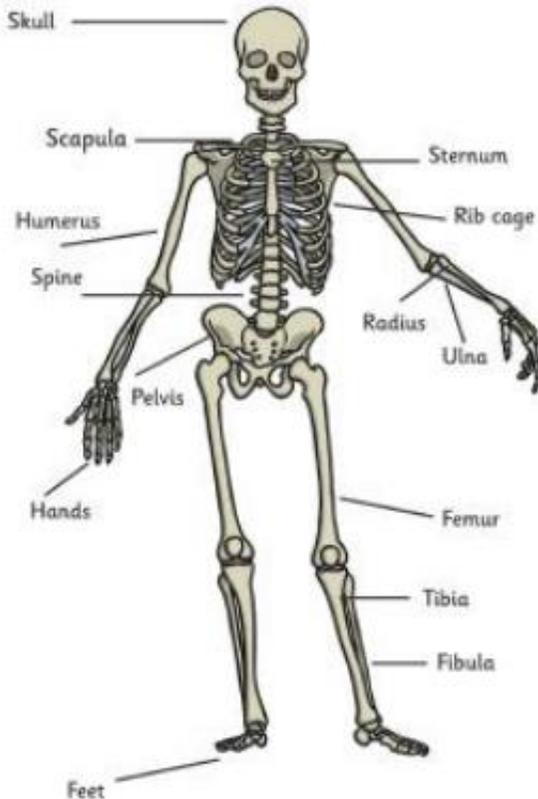
**Exercise**



**Hygiene**



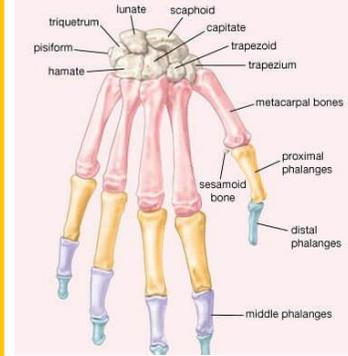
The Skeletal System.



Characteristics of Living Things:

- Movement
- Respire (breathe)
- Sensitive to the environment
- Nutrients
- Excrete (Get rid of waste/poo!)
- Reproduce (have babies)
- Grow.

Bones of the hand



- Phalanges
- Metacarpal
- Sesamoid

Skeleton

All mammals (including humans), birds, fish, reptiles and amphibians are vertebrates. This means they have a skeleton inside their bodies.

**The human skeleton is made of bones and grows as we grow. Our skull protects our brain and our ribs protect our heart and lungs.**

The skeleton bends at joints such as knees and ankles. Joints are where two or more bones join together.



### Three types of skeleton.

Endoskeleton	Exoskeleton	Hydrostatic skeleton
 <p>Skeleton inside the body. As the animal grows so does the skeleton.</p>	 <p>Skeleton is on the outside. They shed their skeleton. Skeleton does not grow with the animal, so it sheds it and grows a new one.</p>	 <p>The skeleton does not consist of bones. They are all invertebrates. They have fluid filled compartments in their body.</p>

### Muscles

- Your body has over 650 muscles and may have different types of joints to allow your bodies to move in different ways.
- They are attached to the skeleton to help us move. They either contract (bunch up) or relax (go back to normal) to move the bones.
- It takes 17 muscles to smile
- It takes 43 muscles to frown!

### A Balanced Diet

Drink plenty of **water**.

**Carbohydrates** give us energy.

**Proteins** help our bodies repair themselves.

**Fats** help store energy for our bodies.

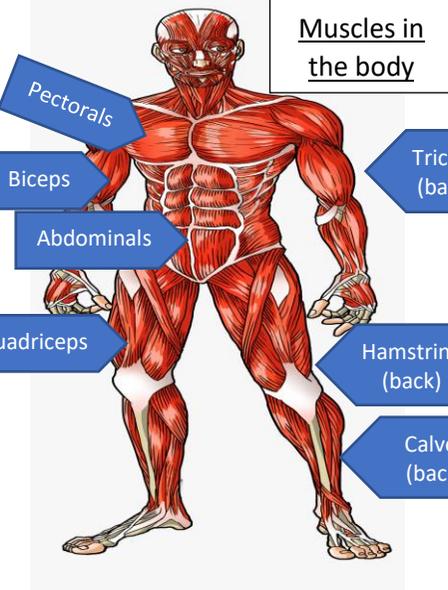
**Fibre** is important for helping us digest our food.



**The eatwell plate**  
Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

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### Muscles in the body



Pectorals

Biceps

Abdominals

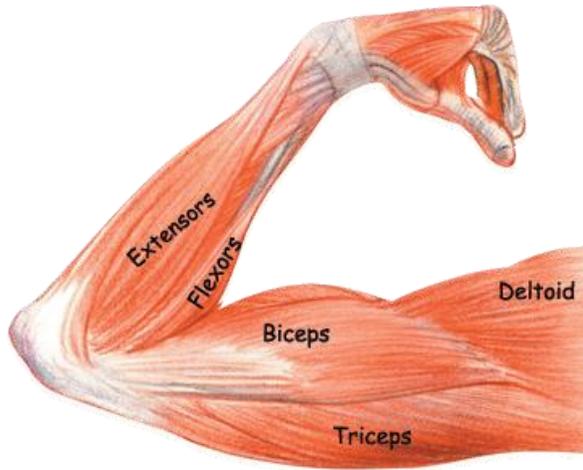
Quadriceps

Triceps (back)

Hamstring (back)

Calves (back)

### Our arm muscles



Extensors

Flexors

Biceps

Triceps

Deltoid

### Nutrition

Nutrition means getting the food they need to grow and be healthy.

