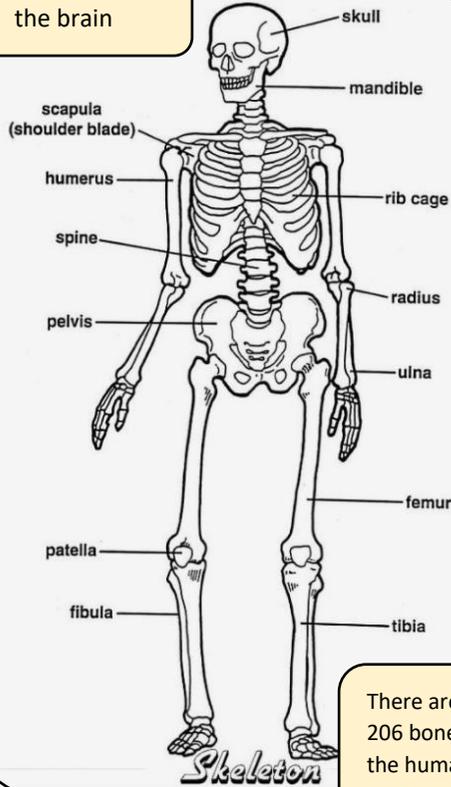




YEAR 3 - MOVING & NUTRITION

The skull protects the brain

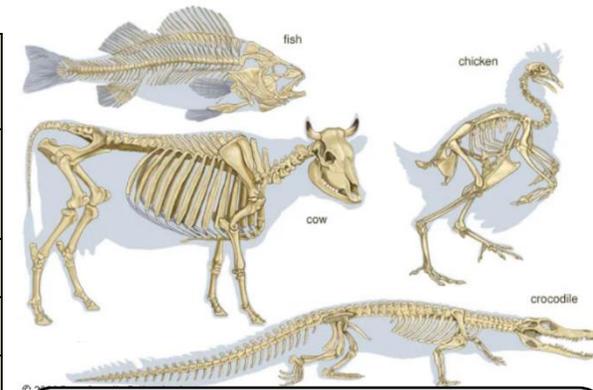


There are 206 bones in the human body

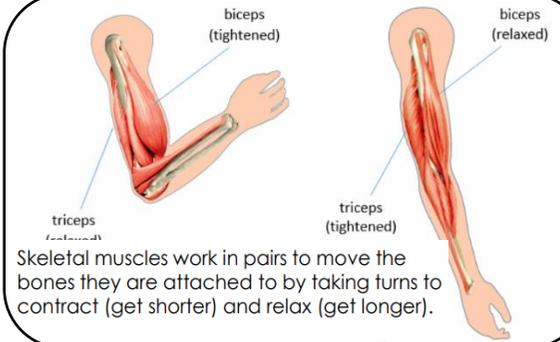
The skeleton has 3 functions:

1. To protect vital organs
2. To allow for movement
3. To support the body from falling to the floor

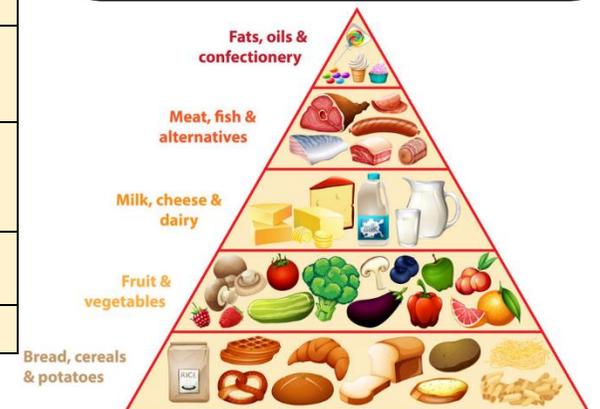
Related vocabulary	Definition
skeleton	strong structure made of bone which supports us so we can stand, protects internal organs from damage and allows movement
vertebrate	an animal with an internal backbone.
invertebrate	an animal without an internal backbone.
endoskeleton	an internal support made of bone that gives the body shape and allows it to move.
exoskeleton	a hard covering that supports and protects the bodies of some types of animals. The word exoskeleton means - outside skeleton.
muscle	an organ of the body which allows for the body to move as they are attached to the skeleton. Muscles can contract and relax.
joints	where 2 bones join together
bones	the hard parts inside your body that make up your skeleton
nutrition	the study of food and how it works in your body. It includes carbohydrates, fats, protein, vitamins and minerals
protein	repairs and builds muscles and organs (fish, meat, eggs and cheese).
fats	stored for energy and creates a layer of fat to keep us warm (chocolate, sweets, butter, oil, cream).
vitamins & minerals	these help us to grow, form bone and muscle and prevent infection (fruit and vegetables).
fibre	This lets food pass quickly through your body. It helps keep your digestive system in good working order (brown bread, cereals)
carbohydrates	These are the foods that give us energy. They are found in sugary and starchy foods (pasta, rice, bread).



Vertebrates are animals that have a backbone inside their body. The major groups include fish, amphibians, reptiles, birds and mammals.



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



Healthy Food Pyramid