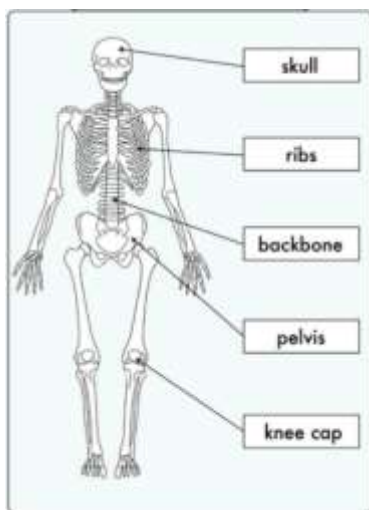
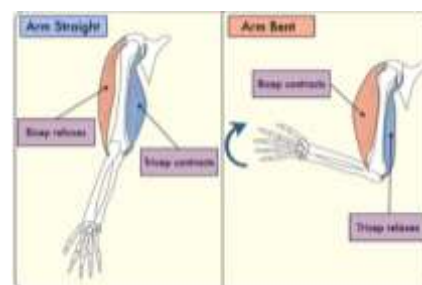


Food and Our Bodies



Key Objectives

- To find out about healthy and balanced diets.
- To describe the basic parts of the skeletal system.
- To observe and compare animals with and without skeletons
- To look at joints and how bones and muscles help us move.



Key Vocabulary

Nutrition	Nutrition involves drinking enough water and eating the right amount of items from the four main food groups.
Skeleton	The human skeleton is made of bone and grows as we grow. Our skull protects our brain and our ribs protect our heart and lungs.
Muscles	Muscles are attached to bones by tendons and help them to move. When a muscle contracts it gets shorter and pulls on the bone it is attached to.
Diet	Our bodies need a balanced diet to work properly. This involves drinking enough water and eating healthily.
Joint	Joints allow the body to make movements. The body has many bones and are connected through the joints.
Pelvis	The pelvis is a bony cradle-shaped structure located at the base of the spine.
Cartilage	Cartilage is a connective tissue found in many areas of the body including joints between bones e.g. the elbows, knees and ankles.
Tendon	Muscles are attached to the bone by tendons and work in pairs to allow for smooth movement.

Sticky Facts

- Unlike plants, which make their food by photosynthesis, animals (including humans) can't make their own food. Instead, they have to get their food by eating plants or other animals.
- The bones of our skeleton provide us with a strong structure which supports and protects the rest of the body.
- Joints are the places where bones meet, allowing the skeleton to move. For example, 'ball and socket' joints like your shoulders and hips.