

Animals Including Humans

Key Vocabulary

Muscles	Muscles move the different parts of your body, inside and outside
Skeleton	The framework of bones in your body
Bones	The hard parts inside your body which form your skeleton
Nutrition	Getting the food needed to grow and be healthy
Healthy	In a good physical and mental condition

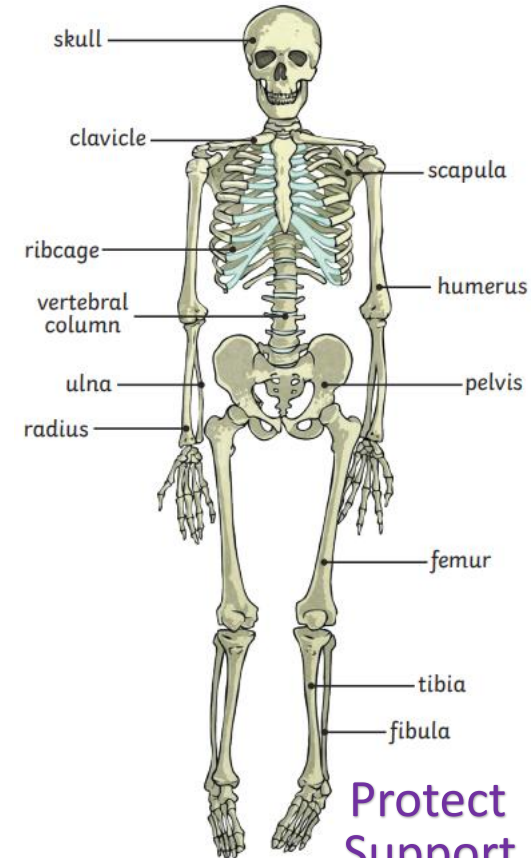
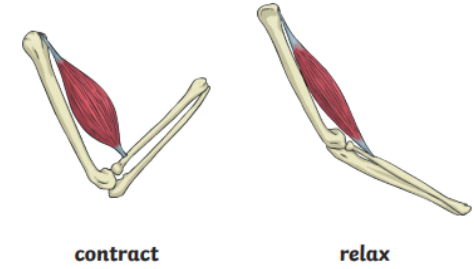
Read more:

X-Ray Mel: Look Inside Your Body by by Felicita Horstschafer
N is for Nutrition by by Todd Skene

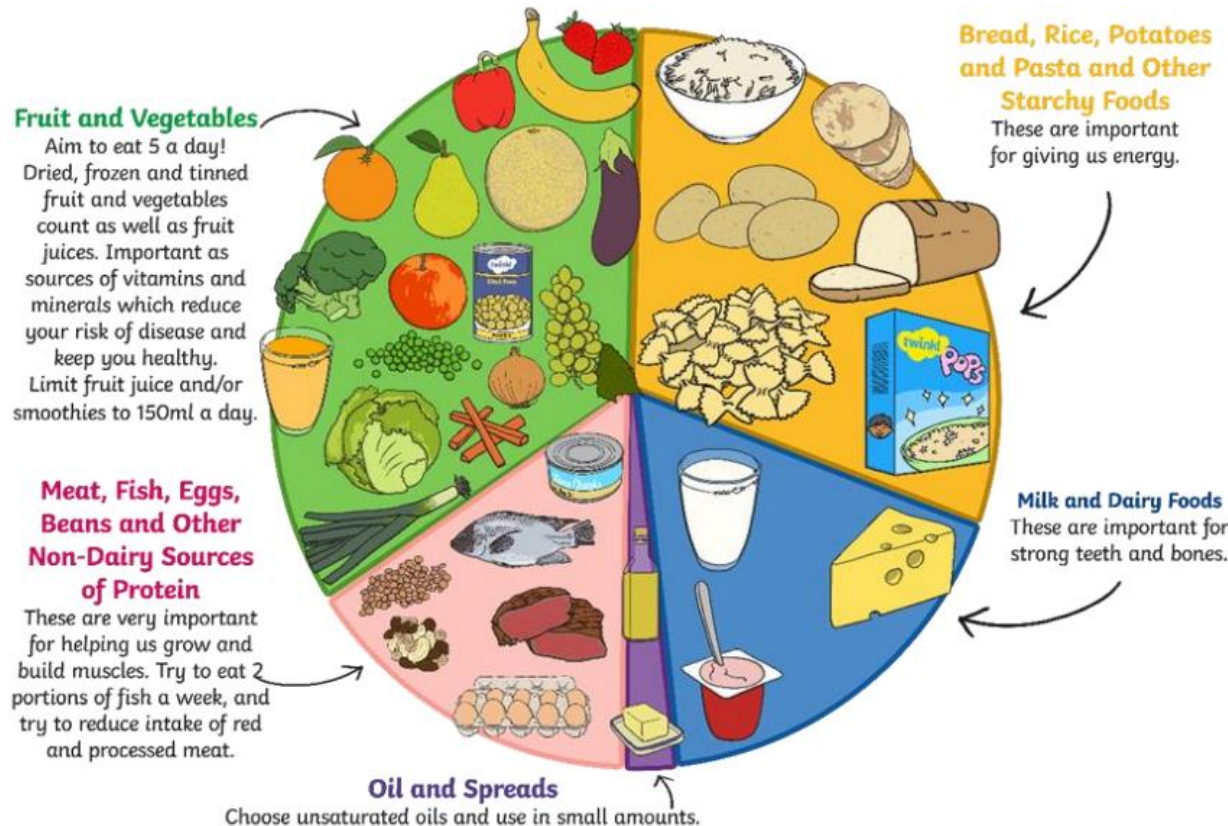
Research more:

www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/
www.bbc.co.uk/bitesize/topics/zcyycdm/year/zmyxxyc

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



**Protect
Support
Move**



What do we need to survive?



What do we need to be healthy?

