

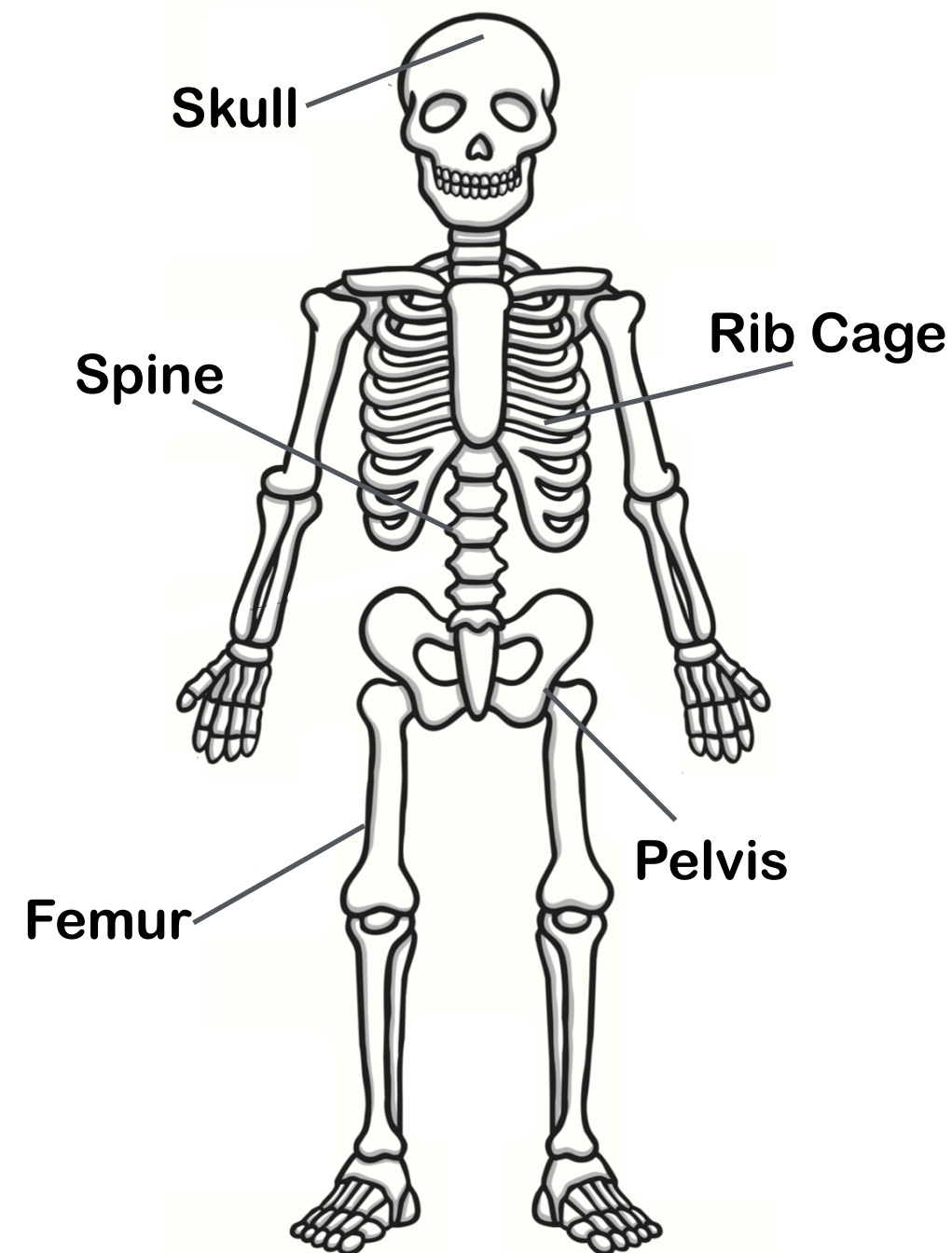
What does a body need to move, grow and protect itself?

1 What is a skeleton and why do animals have them?

A skeleton is the structure of bones that support movement and protect organs in an animal's body.

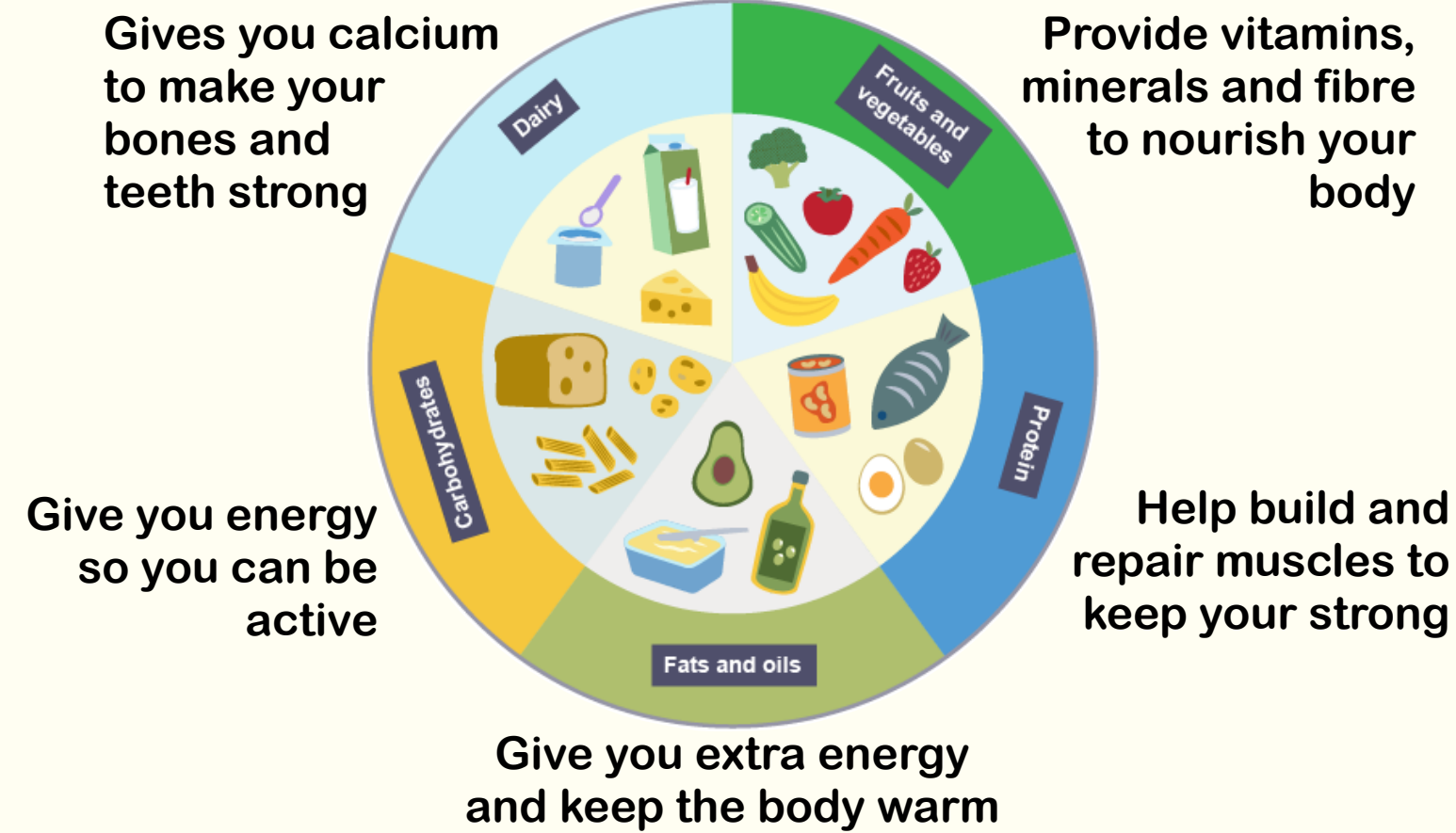


2 What is the human skeleton like and what does it do?



4 What role do different food groups have in a balanced diet?

How is the body provided with energy?

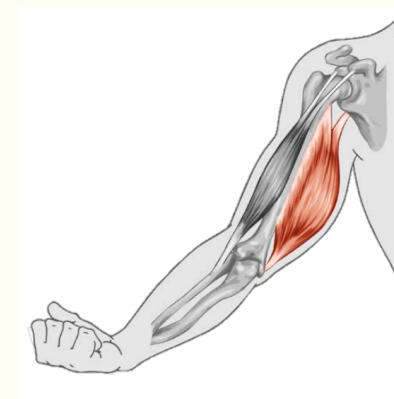


3 How do muscles work in order to create movement?

Muscles work in pairs.
When one contracts the other relaxes.



When the bicep contracts the elbow bends and the arm pulls toward the body.



When the tricep contracts the bicep relaxes and the arm opens.

Key Vocabulary

skeleton	The structure of bones within a body
humans	Scientific name for people
bones	Hard parts that make up the skeleton and support the body
joint	Where two bones meet
protect	Keep safe from harm or damage
organs	Important body parts that help animals stay alive
structure	The way something is built or put together
muscles	Soft tissues that move body parts by pulling on bones
energy	Power living things get from food
fats and oils	A food type that provides energy and warmth