

Key Ideas

Muscles	Skeletal muscles work in pairs to move the bones they are attached to. They take turns to contract and relax.
Nutrition	Animals including humans need a balanced diet and exercise to remain healthy.
Skeleton	A skeleton has three main functions. Animals can have an endoskeleton, an exoskeleton or a hydrostatic skeleton.

Key Questions

What do living things need to grow and be strong and healthy?

Why is it important to eat a balanced diet?

What do humans and animals need to stay alive?

What are the three main functions of the skeleton?

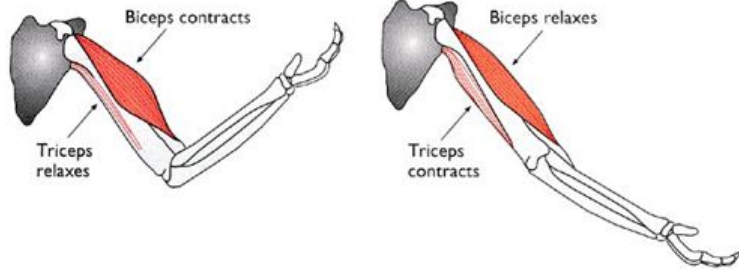
Why do humans need to exercise?

Key words

Explanation

healthy	in a good physical and mental condition
nutrients	substances that living things need to stay alive and healthy.
<i>energy</i>	strength to be able to move and grow
saturated fats	types of fats, considered less healthy, that should only be eaten in small amounts
<i>unsaturated fats</i>	fats that give you energy, vitamins and minerals
<i>vertebrate</i>	an animal with a backbone
<i>invertebrate</i>	an animal without a backbone
<i>muscles</i>	soft tissues in the body that contract and relax to cause movement
<i>tendons</i>	ords that join muscles to bones
<i>joints</i>	areas where two or more bones are fitted together
<i>endoskeleton</i>	bones are inside the body
<i>exoskeleton</i>	hard layer on the outside of the body
<i>hydrostatic</i>	body is supported by fluid filled tubes

MUSCLES WORK IN PAIRS TO MOVE A BONE



Endoskeleton



bones inside the human hand

Exoskeleton

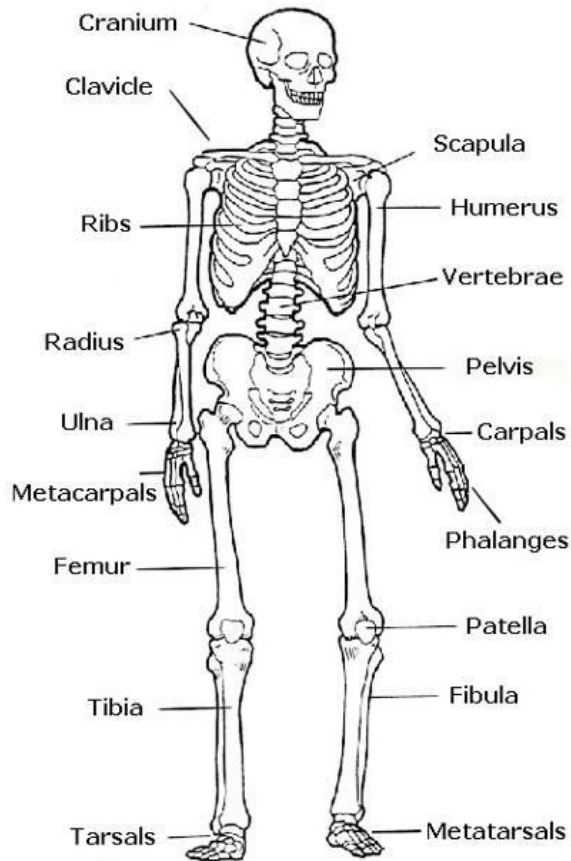


the shell outside a snail

Hydrostatic skeleton



water pressure inside an earthworm



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.

