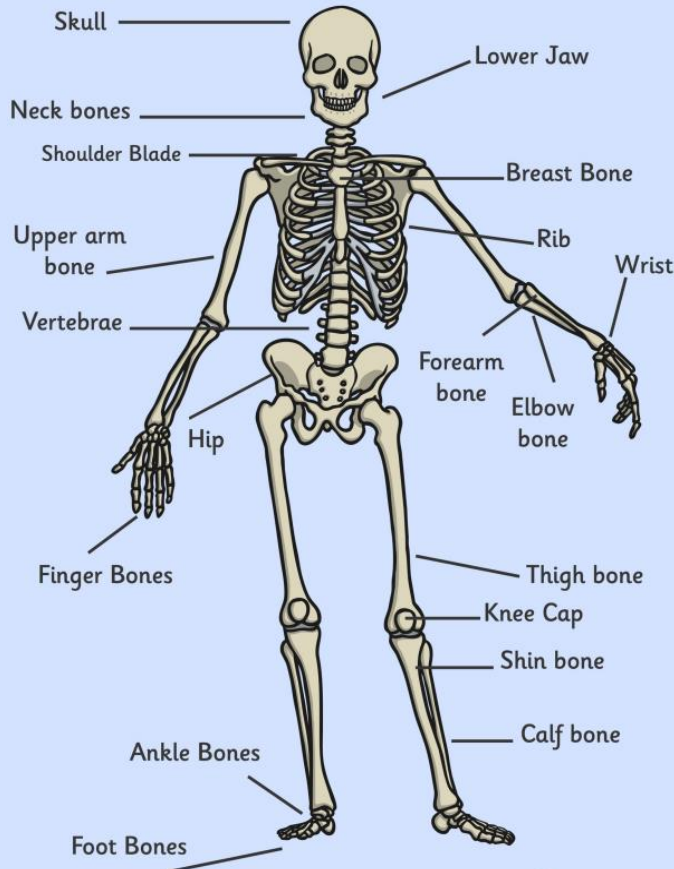




### Human Skeleton

A human's skeleton has many functions for the human body.

It **supports** the body and holds it upright.  
It gives **protection** to some of our most important organs like the brain or the heart.  
It makes sure we can have **movement** alongside our muscles.



vertebrate



endoskeleton

- a skeleton on the inside of the body that supports and protects it



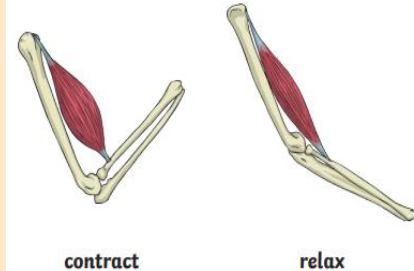
### Animals including Humans

### Key Vocabulary

|                     |  |
|---------------------|--|
| <b>Vertebrate</b>   | Animals with backbones   |
| <b>Invertebrate</b> | Animals without backbones  |
| <b>Muscles</b>      | Soft tissues in the body that contract and relax to cause movement |
| <b>Tendons</b>      | Cords that joins muscles to the bones                              |
| <b>Joints</b>       | Areas where two or more bones are fitted together                  |

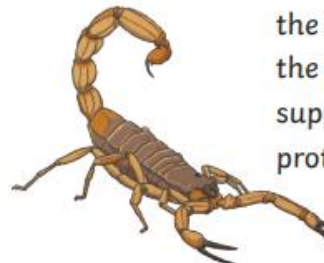
### Skeletal Muscles

Skeletal muscles work to move the bones they are attached to by either contracting (get shorter) or relaxing (get longer).



invertebrate








**exoskeleton** - a skeleton on the outside of the body that supports and protects it



**hydrostatic skeleton** - a skeleton made up of a fluid-filled compartment in the body called a coelom, mainly found in soft-bodied animals





| Nutrient      | Found in... (examples)  | What it does/they do  |
|---------------|---|---|
| carbohydrates |    | provide <b>energy</b>   |
| protein       |    | helps growth and repair   |
| fibre         |    | helps you to digest the food that you have eaten                      |
| fats          |    | provide <b>energy</b>   |
| vitamins      |   | keep you <b>healthy</b>   |
| minerals      |  | keep you <b>healthy</b>   |
| water         |  | moves <b>nutrients</b> around your body and helps to get rid of waste |

## Key Vocabulary

|                         |  |
|-------------------------|--|
| <b>Healthy</b>          | In a good physical and mental condition  |
| <b>Nutrients</b>        | Substances that living things need to stay alive and healthy                             |
| <b>Energy</b>           | Strength to be able to move and grow   |
| <b>Saturated fats</b>   | Types of fats, considered to be less healthy, that should only be eaten in small amounts |
| <b>Unsaturated fats</b> | Fats that give you energy, vitamins and minerals   |

## Investigation

Part of investigating a living thing's diet is by looking at its poo!

Whatever we eat, the body absorbs all of the nutrients and goodness from the food. Anything that is typically bad for our body, comes out as waste (poo).

