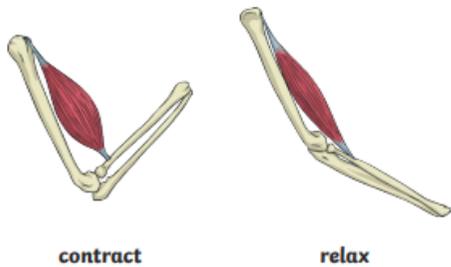
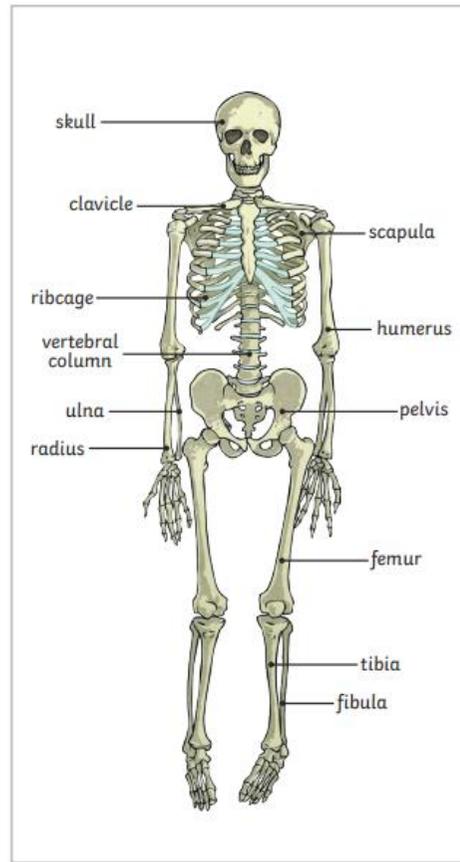


## Y3/4 Animals including humans - What keeps us moving?

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



There are over **650 muscles** in the human body.



Skeletons do three important jobs:

- **Protect** organs inside the body.
- Allow **movement**
- **Support** the body and stop it from falling to the floor.
- There are around **206 bones** in an adult human body.

vertebrate  
↓  
endoskeleton



invertebrate  
↓                      ↓  
exoskeleton                      hydrostatic skeleton



- Living things **need food** to grow and be strong and **healthy**.
- Plants can make their own food, but **animals cannot make their own food**.
- To stay **healthy**, humans need to **exercise**, eat a **healthy diet** and be **hygienic**.

## THE EATWELL PLATE

A guide to the right balance of the five main food groups



- Animals including humans, need **food, water and air** to stay alive.

| 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

|                  |   |
|------------------|---|
| Animal           | Living things, they cannot make their own food.                                 |
| Balanced diet    | A diet that contains the right amount of each food group.                       |
| Bone             | One of the hard parts of the skeleton of a vertebrate.                          |
| Contract         | To make something smaller / shorter (e.g. muscles)                              |
| Endo - skeleton  | A skeleton inside the body (internal).  |
| Energy           | Strength to be able to move and grow.   |
| Exo - skeleton   | A supportive covering outside the body (external).                              |
| Healthy          | In a good physical and mental state.  |
| Human            | Humans are living things. They are part of the group, mammals.                  |
| Invertebrate     | An animal without a backbone.   |
| Joints           | Where two or more bones are fitted together.                                    |
| Movement         | The act of moving, changing place or position.                                  |
| Muscle           | Soft tissues in the body that contract and relax to cause movement.             |
| Nutrients        | A substance needed to help keep a plant or animal alive and to help it grow.    |
| Nutrition        | The study of food and how it works in your body.                                |
| Protection       | To stop something being harmed, often by covering or shielding something.       |
| Relax            | To make something less tight.   |
| Saturated fats   | Types of fats, considered to be less healthy, should be eaten in small amounts. |
| Skeleton         | The supportive or protective structure of an animal.                            |
| Support          | To hold up e.g. Hold up the human body.   |
| Survive          | To remain alive.  |
| Tendons          | Cords that join muscles to bones.   |
| Unsaturated fats | Fats that give you energy, vitamins and minerals.                               |
| Vertebrate       | An animal with a backbone.  |