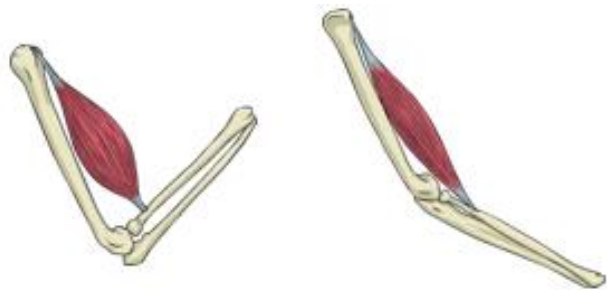


**Key Vocabulary**

<b>vertebrate</b>	Animals with a backbone.
<b>invertebrate</b>	Animals without a backbone.
<b>muscles</b>	Soft tissue in the body that cause movement by contracting and relaxing.
<b>tendons</b>	Join muscles to bones.
<b>joints</b>	Where two or more bones are fitted together.

**Muscles**

Muscles work in pairs to move the bones they are attached to. Contract (get shorter) and relax (get longer).



**contract**

**relax**

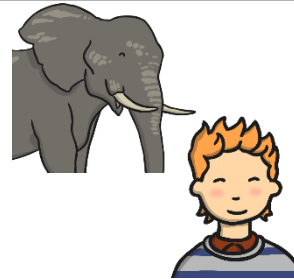
**Objectives**

- To identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.
- To identify that humans and some other animals have skeletons and muscles for support, protection and movement.

**Types of Skeleton**

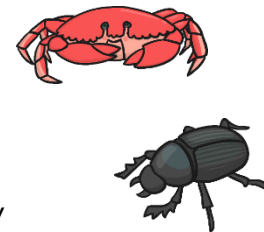
**Vertebrate**

**Endoskeleton** – The skeleton is inside the body and grows with the animal.



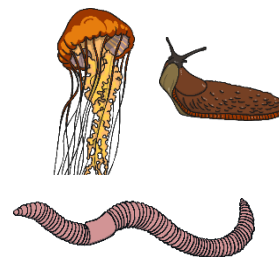
**Invertebrate**

**Exoskeleton-** Animals have the skeleton outside the body. These animals have to shed or find a new skeleton as they grow.



**Hydrostatic Skeleton-**

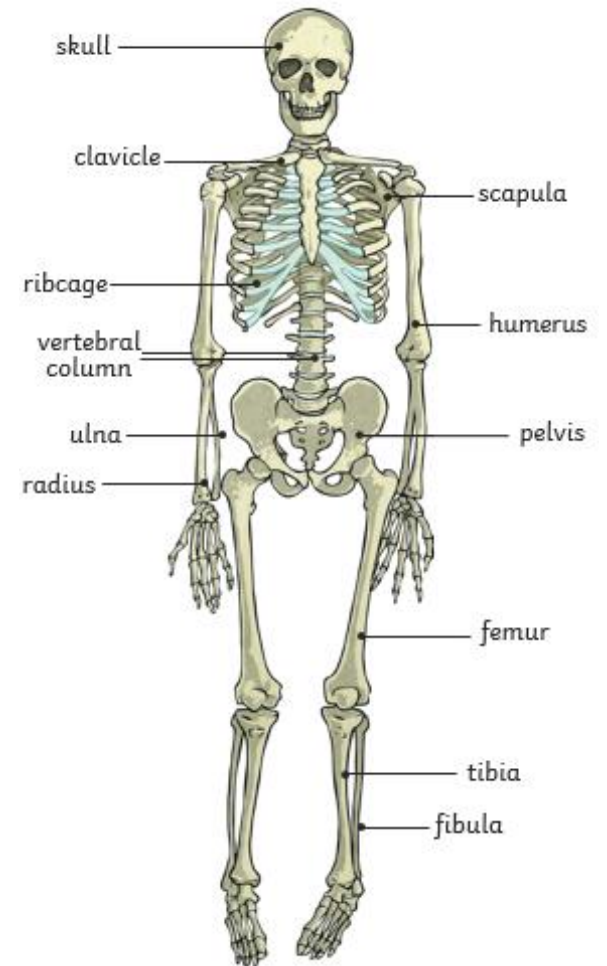
These animals have no bones!



**Human Skeleton**

Skeletons do three important jobs:

1. protect organs inside the body
2. allow movement
3. support the body and stop it from falling on the floor.



**Key Vocabulary**

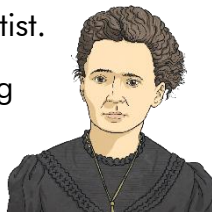
<b>nutrients</b>	Substances that living things need to stay alive and healthy.
<b>energy</b>	Strength to be able to move and grow.
<b>saturated fats</b>	Types of fat considered less healthy. Should be eaten in small amounts.
<b>unsaturated fats</b>	Fats that give you energy, vitamins and minerals.

**Significant People**

**Marie Curie**  
1867 - 1934

Marie Curie was a famous scientist.

She is best known for discovering two key elements – radium and polonium.



She also developed the use of x-ray machines.

Her work changed medicine and surgery.

**Healthy Eating**

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