

Facts for Life

1. Animals need nutrition from a variety of food groups to maintain their health.
2. To know a skeleton performs 3 functions: protect, support and move.
3. To know how a skeleton and muscles work together to create movement.

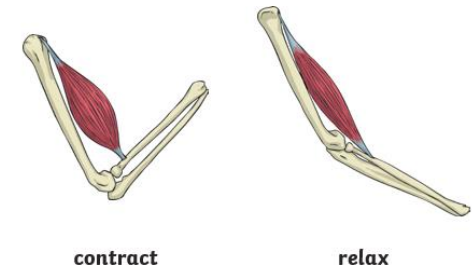
Key Vocabulary

Healthy	In a good physical and mental condition
Nutrients	Substances that animals need to stay alive and healthy
Muscles	Soft tissues in the body that contract and relax to cause movement
Tendons	Cords that join muscles to bones
Vertebrate	Animals with backbones
Invertebrate	Animals without backbones

Skeletons do three important jobs:

- **protect** organs inside the body;
- **support** the body and stop it from falling on the floor;
- allow **movement**.

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



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

