

What do we need to help us move?

Skeleton

All mammals (including humans), birds, fish, reptiles and amphibians are vertebrates. This means they have a skeleton inside their bodies.

The human skeleton is made of bones and grows as we grow. It provides a structure for our bodies. Our skull protects our brain and our ribs protect our heart and lungs.

The skeleton bends at joints such as knees and ankles. Joints are where two or more bones join together. .

Muscles

Your body has over 650 muscles and many different types of joints to allow your bodies to move in different ways.

They are attached to the skeleton to help us move. They either contract (bunch up) or relax (go back to normal) to move the bones.

It takes 17 muscles to smile but 43 to frown!

You need a balanced diet to keep your body fit and healthy.

Carbohydrates give us energy.

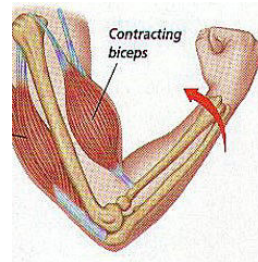
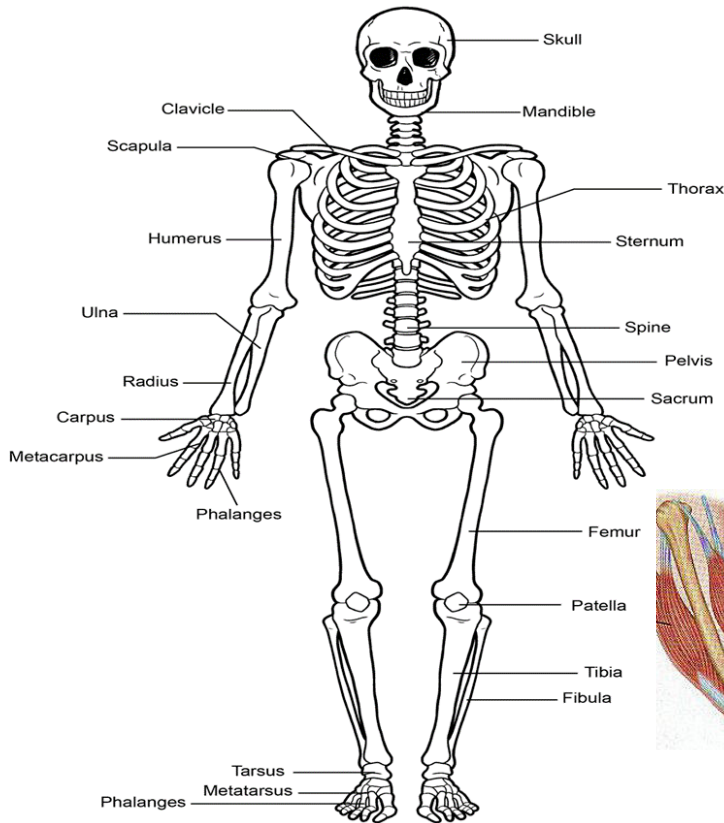
Proteins help our bodies repair themselves.

Fats help store energy for our bodies.

Fibre is important for helping us digest our food.

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.



Marie Curie

Marie Curie's research into radioactivity was crucial for the development of x-ray machines.



Vertebrate	An animal with a backbone inside their body.
Bones	The hard parts inside your body which form your skeleton.
Skeleton	The framework of bones in your body.
Spine	The column of small, linked bones down the middle of your back.
Muscle	Move the different parts of your body, inside and out.
Healthy	Feeling well and not suffering any illness.
Exercise	A physical activity to keep your body fit.
Hygiene	how clean something is.
Disease	An illness which affects people, animals or plants.
Balanced diet	Choosing foods in the right amounts from each of the food groups.
Nutrients	The substances in food that our bodies need to function properly.