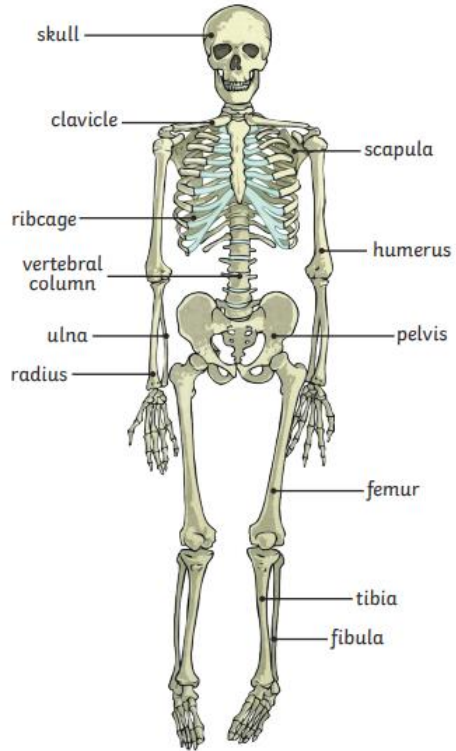


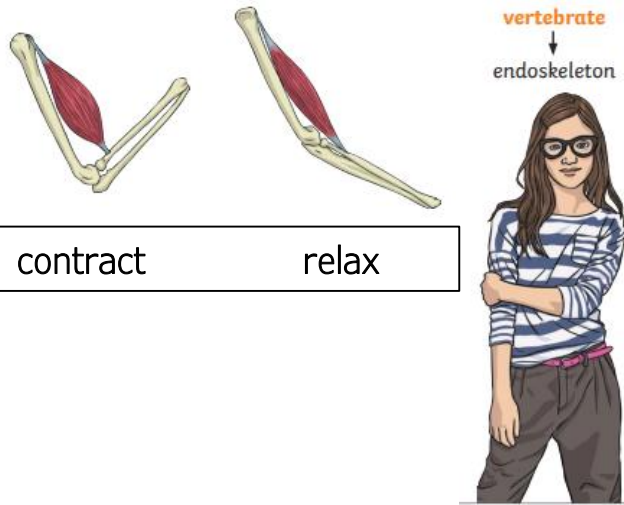
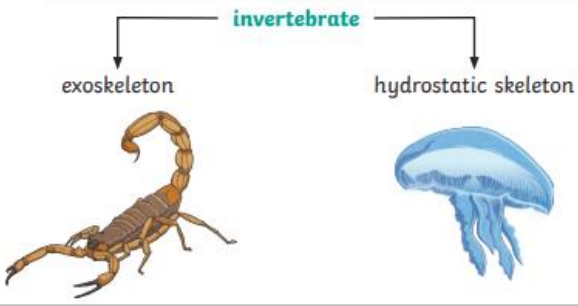
Sticky Knowledge



Skeletons

Skeletons do three important jobs:

- 1) Protects organs inside the body
- 2) Allows movement
- 3) Supports the body and stops it from falling



Skeletal Muscles

These work in pairs to move the bone that they are attached to. They take it in turns to contract (get shorter) and relax (get longer).

Key vocabulary

healthy	in a good physical and mental condition
nutrients	substances that animals need to stay alive and healthy
energy	strength to be able to move and grow
vertebrate	animals with backbones
invertebrate	animals without backbones
muscles	soft tissues in the body that contract and relax to cause movement
tendons	cords that join muscles to bones
joints	areas where two or more bones are fitted together

Nutrient	Found in... (examples)	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