

The human skeleton

Bone - hard structure that makes up the skeleton.

skull (Protects the brain.)

ribs (Protects the heart and lungs.)

spine (If an animal has a spine/backbone it is a vertebrate.)

pelvis

Joint - where two or more bones meet.

neck

shoulder

elbow

wrist

hip

knee

ankle

Muscles attach to bones to cause a movement.

A muscle can shorten to **pull** on the bone.

Another muscle will need to pull in the opposite direction, to change the position.

Vertebrate - an animal with a backbone.

Endoskeleton - a skeleton on the inside of the body.

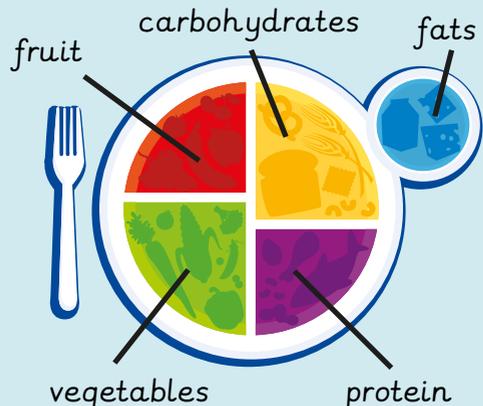
Invertebrate - an animal without a backbone.

An invertebrate may have an **exoskeleton** - a skeleton on the outside of the body...

...or no skeleton at all.

Movement and nutrition

There are seven **nutrient** groups that are essential for survival. Eating all of these in the right amounts gives us a **balanced** diet.



fruit carbohydrates fats
vegetables protein

carbohydrate



Gives energy.

protein



Needed for growth and repair.

fats and oils



unsaturated
saturated

Needed as an energy store, to keep bodies warm and protect organs.

fibre



Keeps food moving through the digestive system.

vitamins



Important for health and helping the body to work. For example, vitamin A is needed for healthy eyes.

minerals



Important for health and helping the body to work. For example, calcium is needed for healthy teeth and bones.

water



Helps the body to work, transport nutrients and remove waste.