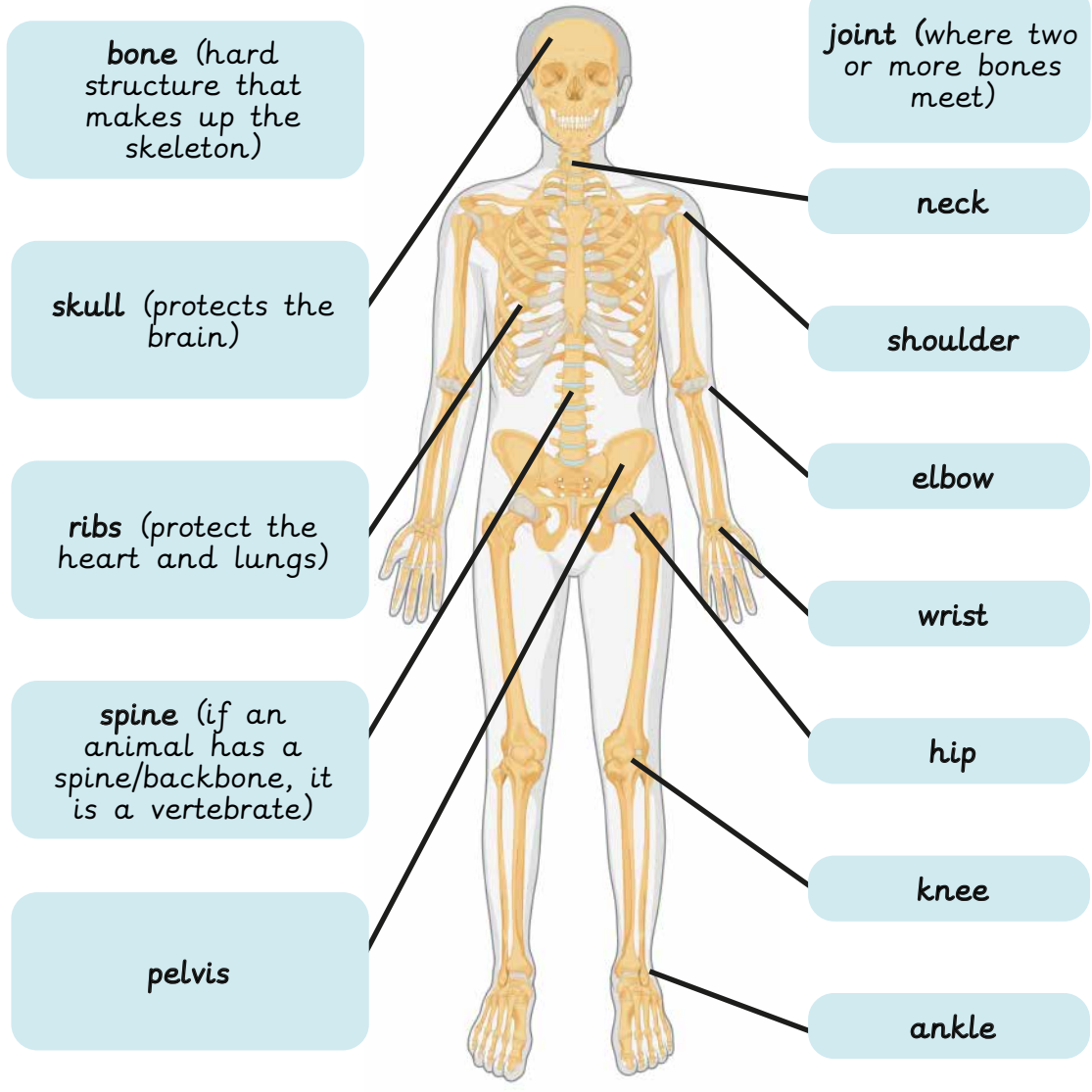
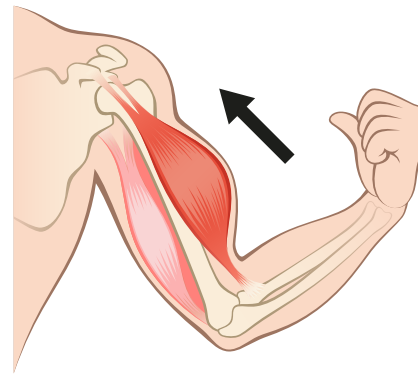


The human skeleton

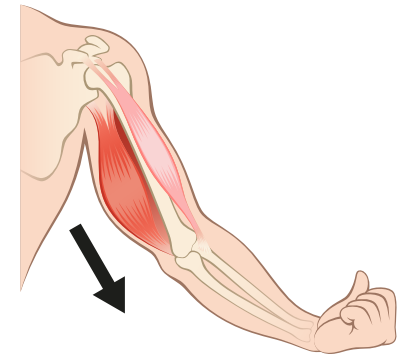


Muscles attach to bones to cause a movement.

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



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



A **vertebrate** is an animal with a backbone.

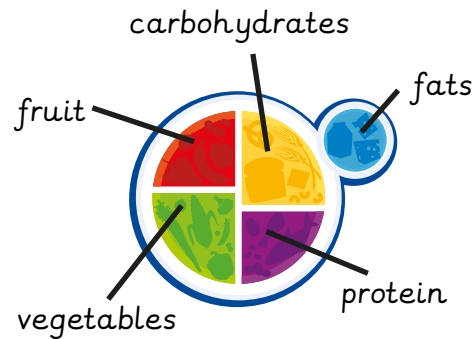
Endoskeleton is a skeleton on the inside of the body.

An **invertebrate** is an animal without a backbone.

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

...or no skeleton at all.

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



Carbohydrates



Carbohydrates give energy.

Protein



Protein is needed for growth and repair.

Fats and oils



unsaturated

saturated

These are needed as an energy store to keep bodies warm and protect organs.

Fibre



Fibre keeps food moving through the digestive system.

Vitamins and minerals



Vitamins and minerals are important for health and help the body to work. For example, vitamin A (vitamins) is needed for healthy eyes and calcium (minerals) is needed for healthy teeth and bones.

Water



Water helps the body to work, transport nutrients and remove waste.