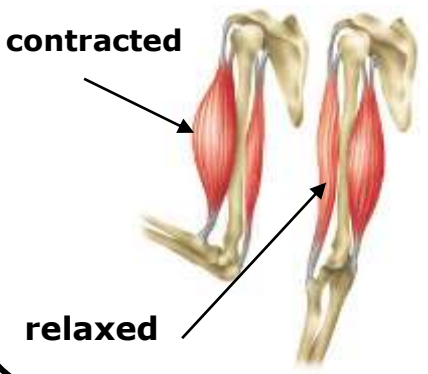


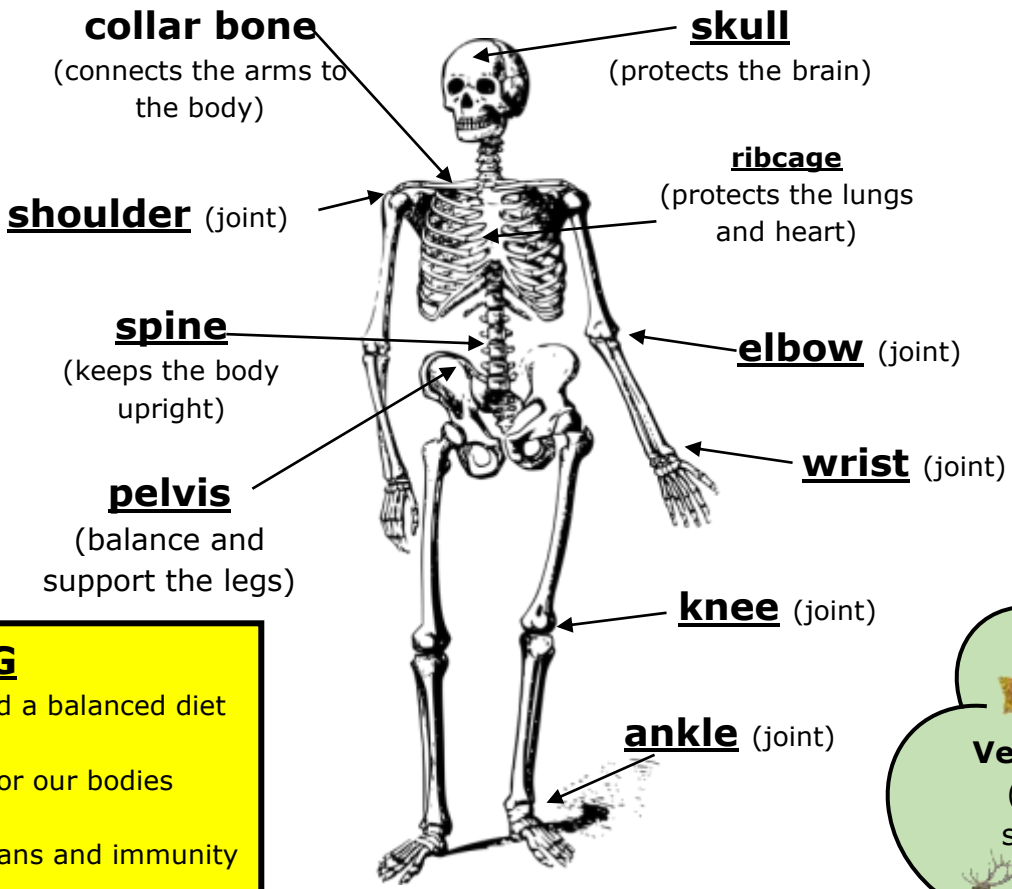
Science – Animals including humans The Skeleton and Muscle System

Muscles

Skeletons move because bones are attached to muscles. When a muscle **contracts** (bunches up), it gets shorter and so pulls up the bone it is attached to. When a muscle **relaxes**, it goes back to its normal size.



The skeleton protects our internal organs, keeps us supported so we don't fall on the floor and helps us move.



vertebrate
↓
endoskeleton



HEALTHY EATING

To keep your body fit and healthy you need a balanced diet using all of the food groups.

Carbohydrates – Main source of energy for our bodies (rice, potatoes, pasta and bread).

Protein – Repairs and builds muscles, organs and immunity (fish, meat, eggs and cheese).

Sugar and Fats – Stored for energy and creates a layer of fat to keep us warm. Should not have too much of these (chocolate, sweets, butter, oil, cream).

Vitamins and Minerals – Keeps us growing and fighting infections (fruit and vegetables).

