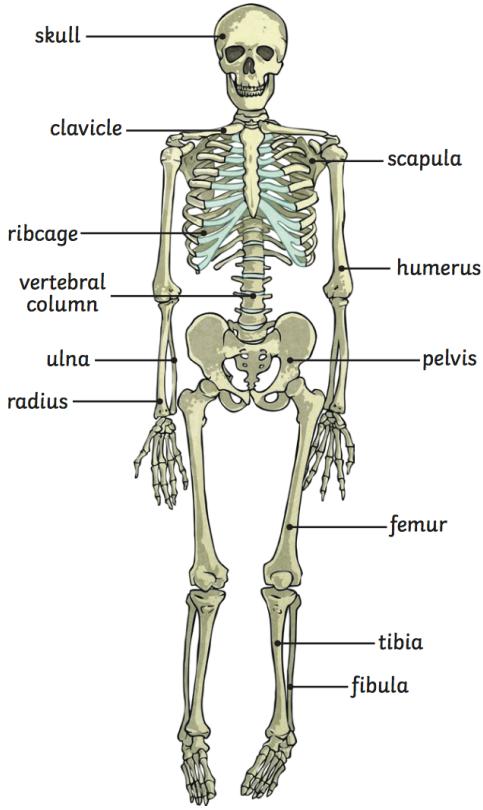
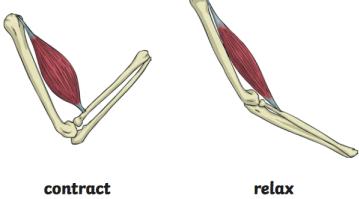


Key vocabulary	
bones	The hard parts inside your body which form your skeleton.
joints	The place where two bones meet together.
muscles	These are attached to the bones to help us move.
nutrition	Food that is necessary for health and growth.
tendons	Cords that join muscle to bones.
vitamins and minerals	Substances found in foods which keep us healthy. These are also found in many fruits and vegetables.

Fats	
Saturated Fats	Unsaturated Fats
These types of fats are considered to be less healthy and should only be eaten in small amounts.	These types of fats give you energy, vitamins and minerals.

The Skeleton	
 <p>skull clavicle ribcage vertebral column ulna radius scapula humerus pelvis femur tibia fibula</p>	<p>Skeletons do three very important jobs...</p> <p>Allow movement</p> <p>Protect our organs inside our body</p> <p>Support the body</p>

Types of food...		
Nutrient	Found in...	What it does...
Carbohydrate		Provides energy
Protein		Helps with growth and repair
Fibre		Helps you to digest food that you have eaten
Fats		Provides energy
Water		Moves nutrients around your body and helps get rid of waste

The Skeleton	
<p>Skeletal muscles works in pairs to move the bones that they are attached to by taking it in turns to contract (get shorter) and relax (get longer).</p>	 <p>contract relax</p>

