

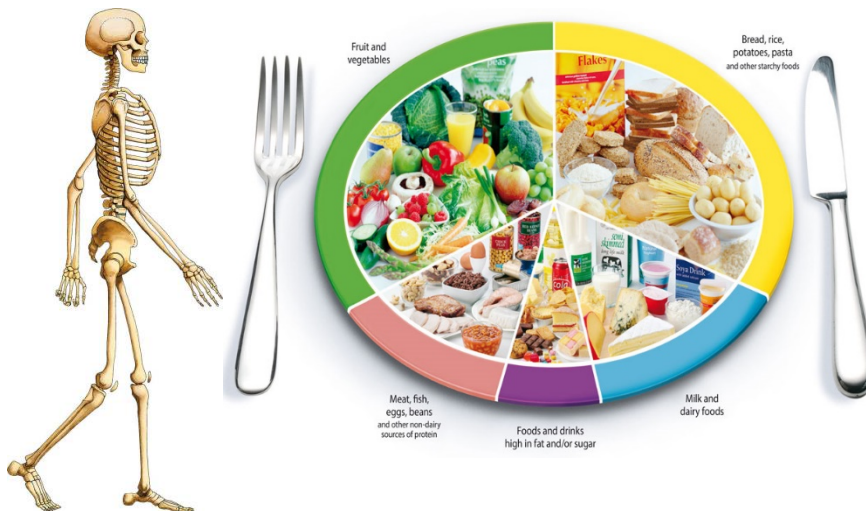
Skeletons, Muscles & Nutrition

Sticky Facts

- The human skeleton is made of bone and grows as we grow.
- The skeleton protects organs, supports our bodies & helps us to move.
- The skull protects our brain, our ribs protect our heart and lungs & the spine protects the spinal cord.
- Muscles are attached to bones by tendons and help them to move. When a muscle contracts it gets shorter and pulls on the bone it is attached to.
- Joints allow the body parts to bend.
- Doctors refer to our bones using medical names such as pelvis for hips and spine for back bone.
- We need to eat a balanced diet to be healthy.

Key Vocabulary

Nutrition
Nutrients
Vitamins
Carbohydrate
Protein
Fat
Sugar
Dairy products
Fruit
Vegetables
Balanced diet
Consume
Skeleton
Skull
Rib cage
Pelvis
Protect
Support
Move
Muscle
Tendon
Ligaments
Contract
Relax



During this unit, I will be learning to:	Completed	Self-Assessment
• Understand that animals including humans can not make their own food as plants can.		
• identify that animals, including humans, get nutrition from what they eat.		
• Explain that animals including humans need the right types and amount of nutrition.		
• Describe a balanced diet.		
• identify the role of muscles.		
• Identify the role of a skeleton.		

