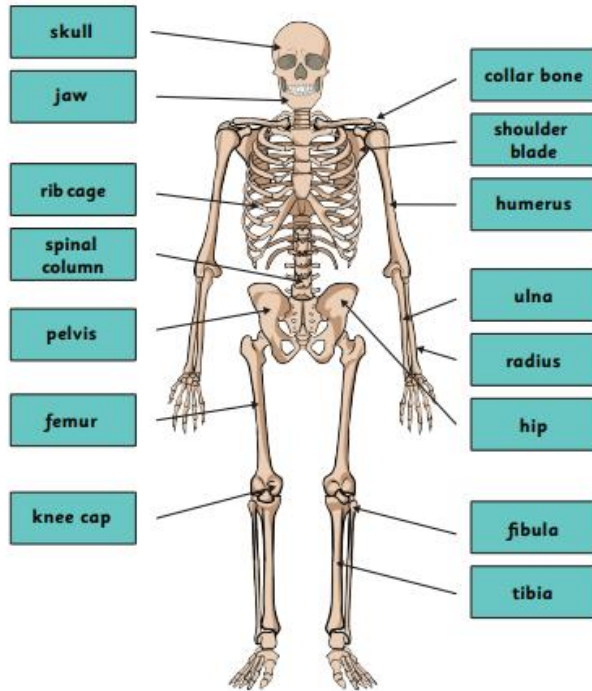


Animals including Humans Knowledge Organiser

Bones



Key Vocabulary

bone - hard parts of the skeleton

contract - to squeeze together

diet - the food that we eat

exoskeleton - a skeleton on the outside of the body

invertebrate - an animal without a spine/backbone

healthy - things that are good for our bodies

muscle - a bundle of tissue that contracts to allow movement

nutrition - the food we eat that gives us energy

relax - to become less tense

skeleton - a framework of bone to support the body

unhealthy - things that are not good for our bodies

vertebrate - an animal with a spine/backbone

Nutrition

Humans need to eat a **healthy balanced diet**.

Nutrition is when we eat food to **give us energy**. Adults and children need lots of energy to help them **keep moving** and keep their **bodies healthy**!

Children also need food to **help them grow**.

The Eatwell **Plate** shown below is a guide to help show us how much of each type of food **we should eat**.



■ fruit & veg
 ■ dairy
 ■ sugar & fats
 ■ carbs & starches
 ■ protein

Other animals

Vertebrates are animals that have a spine or backbone as part of their skeleton. Humans are vertebrates.

Invertebrates are animals that do not have a backbone. A butterfly is an invertebrate.



Muscles

To **straighten** our arm, our **biceps relax** and our **triceps contract**. This straightens our arm.

To **bend** our arm, our **biceps contract** and our **triceps relax**. This allows us to bend our arm at the elbow joint.

When we **stretch** our muscles, they become **longer** and **thinner**.

When we **contract** our muscles, they become **shorter**.

