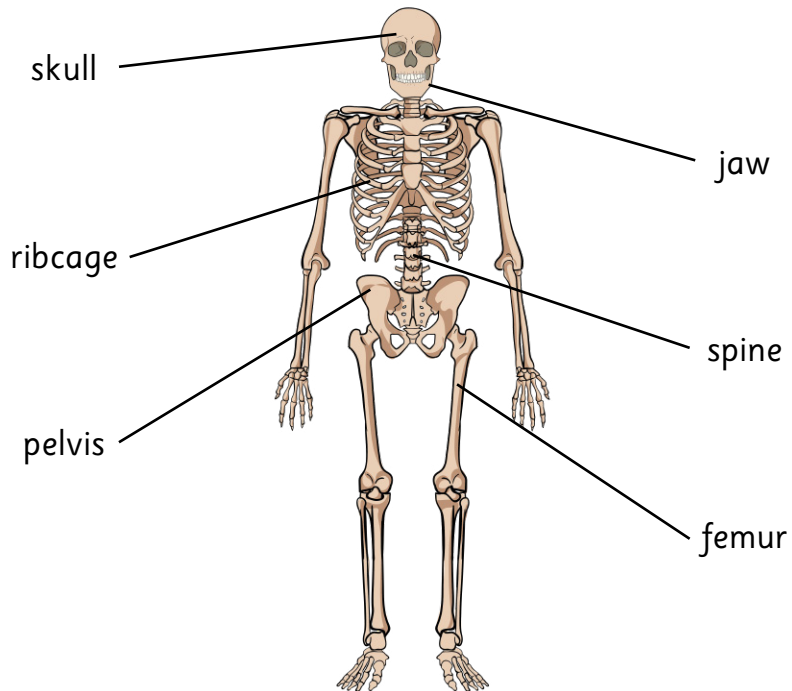


Our skeleton

The human skeleton gives the body **support**, **protects** important organs and works with joints to allow **movement**. It helps the body **stay upright** and lets us **bend**, **stretch** and **turn**.



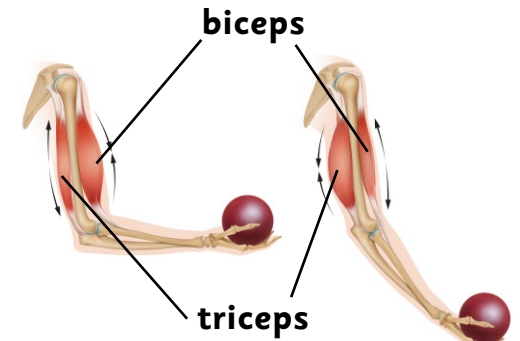
support

protection

movement

Muscles

Muscles work with the skeleton to help the body **move**, **bend** and **stay upright**. They can **only pull**, so they work in pairs: when one muscle **contracts**, the other **relaxes**.



Vertebrate skeletons

Vertebrates have a **skeleton** with a **skull** and a **backbone** that supports and protects their body. Different groups of vertebrates have skeletons with features that suit **how they move and live**.



Vertebrates and invertebrates

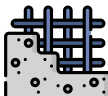
Some animals have a **backbone**, and some **do not**. We can sort them into **vertebrates** and **invertebrates**.



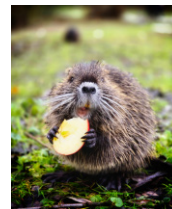
Vertebrates have an **internal skeleton** with a skull and a backbone to support and protect their body.

Invertebrates have **no backbone** and may have an **exoskeleton** for protection or a soft body.

Key vocabulary

bone	contract	diet	fats	human	involuntary	
						
movement	pairs	prediction	protection	relax	support	voluntary
						

Nutrition



Plants make their **own food**, but animals cannot, so they **must eat** to get the **nutrients** that they need. Animals get nutrition from the **food in their diet**.

Animals need **three main nutrients**: **carbohydrates** for energy, **proteins** for growth and repair, and **fats** for stored energy and warmth. These nutrients come from different foods in an animal's diet.



Herbivores eat plants, **carnivores** eat other animals, and **omnivores** eat both. These diets help animals get the nutrients they need to **survive**.

