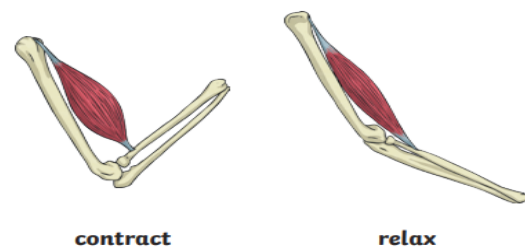


Skeletons do three important jobs:

1. Protect the organs inside the body.
2. Allow movement.
3. Support the body and stop it from falling on the floor.



Skeleton muscles work in pairs to move the bones they are attached to by taking turns to contract (get smaller) and relax (get bigger).

Vocabulary		Definition
Vertebrate		Animals with backbones
Invertebrate		Animals without backbones
Muscles		Soft tissue in the body that contract and relax to cause movement.
Tendons		Cords that join the muscles to bones.
Joints		Areas where two or more bones are fitted together.
Endoskeleton		A skeleton on the inside of the body that supports and protects it.
Exoskeleton		A skeleton on the outside of the body that supports and protects it.
Hydrostatic skeleton		A skeleton made up of a fluid-filled compartment in the body called coelum, mainly found in soft bodied animals.
Saturated fats		Types of fats, considered to be less healthy, that should only be eaten in small amounts.
Unsaturated fats		Fats that give you energy, vitamins and minerals.

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy

vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste

Animals, including humans need food, water and air to stay alive.

Plants can make their own food but animals can not.