

What's Inside? Knowledge Organiser

Our big question is:
Why do we need a skeleton?

Healthy Eating

To keep your body healthy you need a balanced diet using all of the food groups.

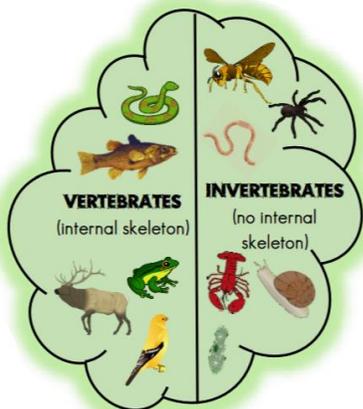
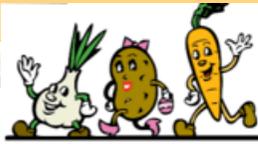
Carbohydrates – Main source of energy for our bodies (rice, potatoes, pasta and bread).

Protein – Repairs and builds muscles, organs and immunity (fish, meat, eggs and cheese)

Sugar and Fats – Stored for energy and creates a layer of fat to keep us warm. You should not have too much of these (chocolate, sweets, butter, oil, cream)

Vitamins and Minerals – Keeps us growing and fighting infections (fruit and vegetables).

Calcium - Is a mineral found in foods. It is stored in our bones and teeth.



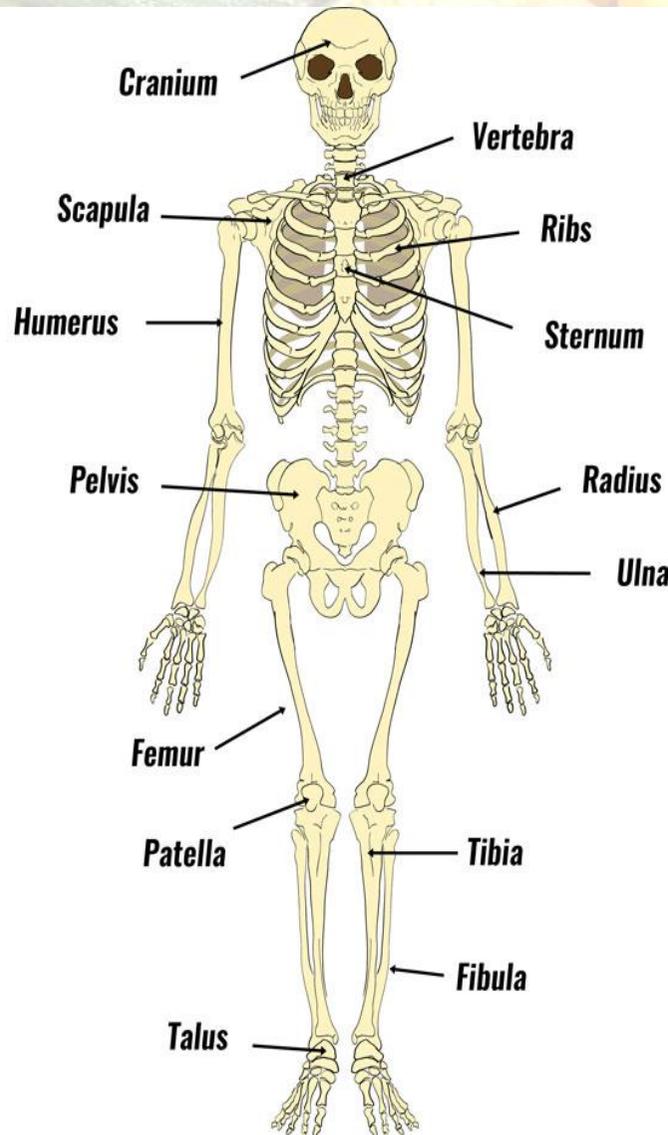
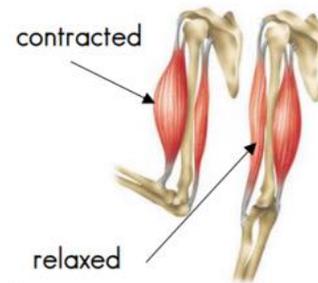
Our Key Concept:
Individuality

MUSCLES

Skeletons move because bones are attached to muscles.

When a muscle contracts (bunches up), it gets shorter and so pulls up the bone it is attached to.

When a muscle relaxes, it goes back to its normal size.



Science Vocabulary

Backbone	The column of small linked bones down the middle of your back. Also known as the spine.
Bones	The hard parts inside your body which form your skeleton .
Contract	To make smaller by drawing together; shrink or make tighter.
Elbow	The bend or joint between the upper arm and the lower arm.
Endoskeleton	The internal skeleton of an animal, especially the bony skeleton of vertebrates .
Exoskeleton	The protective or supporting structure covering the outside of the body of many animals.
Joints	The junction between two or more bones .
Muscles	Something inside your body which connects two bones and which you use when you make a movement.
Organs	A part of your body that has a particular purpose.
Protect	Protecting someone or something means to prevent them from being harmed or damaged.
Relax	When a part of your body relaxes , or when you relax it, it becomes less stiff or firm.
Skeleton	The framework of bones in your body.
Support	To hold something up.
Tendons	A strong cord in a person's or animal's body which joins a muscle to a bone .
Vertebrate	A creature which has a spine.

Home Learning Ideas:

- Look at packaging where foods come from.
- Help cook a healthy meal.
- Go on a bike ride, park run or create an exercise activity.
- Look at labels around supermarkets that show where foods are from.