

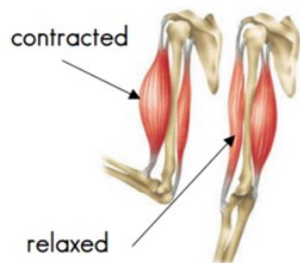


Vocabulary Top Ten:

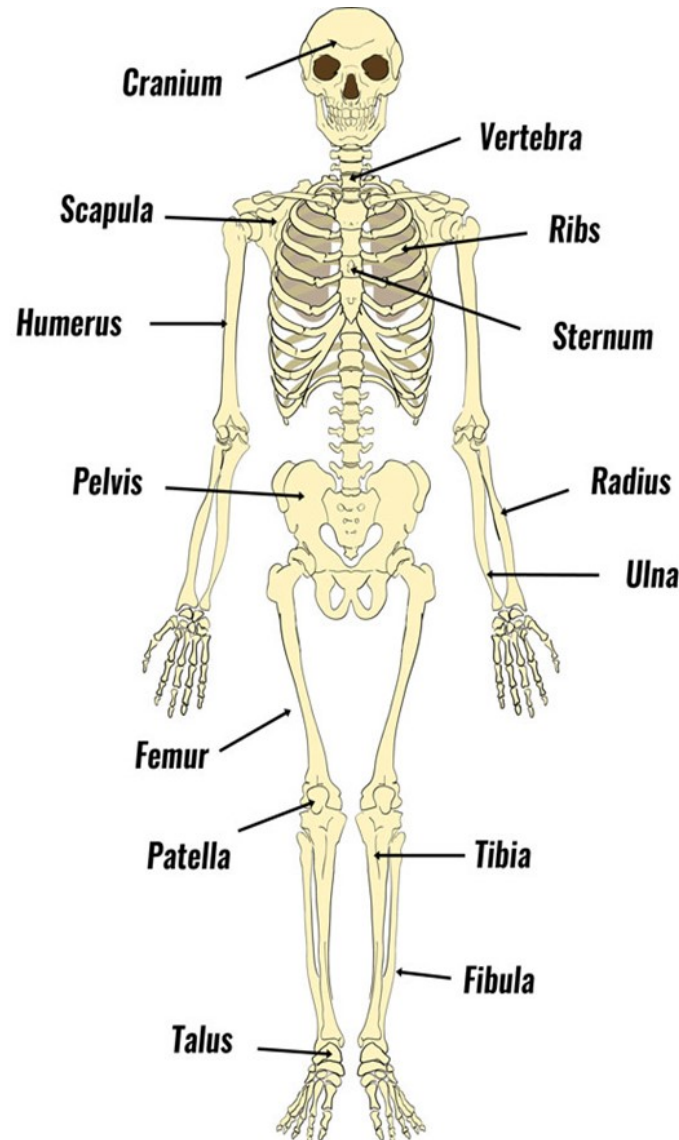
Backbone	The column of small linked bones down the middle of your back. Also known as the spine.
Bones	The hard parts inside your body which form your skeleton.
Contract	To make smaller by drawing together; shrink or make tighter.
Endoskeleton	The internal skeleton of an animal, especially the bony skeleton 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.
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.

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.

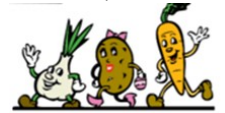


Bones Names:



Healthy Eating:

Nutrition: Nutrition includes all the stuff that's in your food, such as vitamins, protein, fat, and more. 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)
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.

