

## Key facts

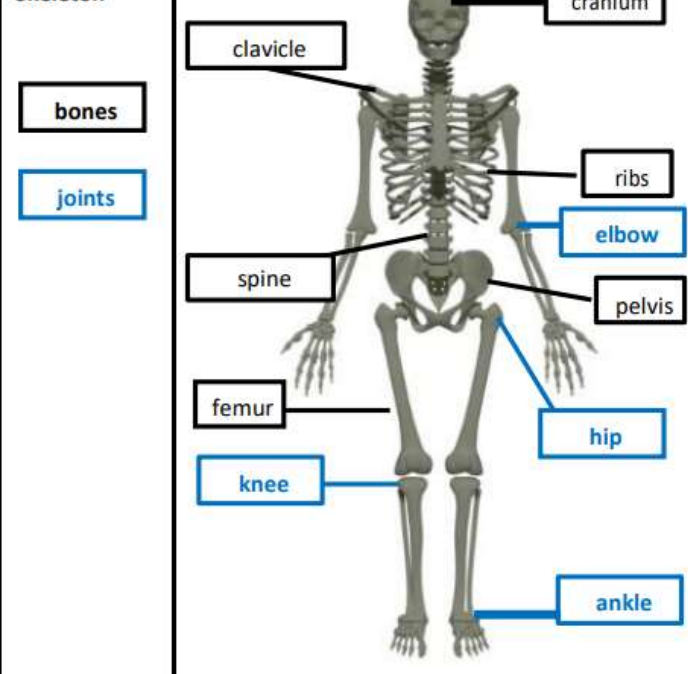
- Animals including humans, cannot make their own food. Humans grow, gather or hunt food and Animals hunt, forage or graze.
- Animals including humans get nutrition from the food that they eat.
- Animals including humans need the right types and amount of nutrition to survive.
- Humans and some other animals have skeletons have muscles for support, protection and movement.
- Skeletons do three important jobs: protect organs inside the body; allow movement; support the body and stop it falling on the floor.
- Muscles are attached to bones via tendons. Muscles contract (pull up) to move the bones and then relax to put them back where they were.

## Did you know?

**Vertebrates** are animals that have a **backbone**. These skeletons are called **endoskeletons** – this means that the **skeletons** are on the inside of the bodies. These skeletons grow with the bodies.

When the **skeleton** exists outside the body, it is called an **exoskeleton**. An **exoskeleton** is a covering that supports and protects animals. These have to be shed and a new **skeleton** is grown.

## The Human Skeleton



## Key words:

energy	created by food to keep cells in the body working
nutrition	substances found in food which sustain life
contract	the movement of a muscle when it moves part of the skeleton
muscle	soft tissues which contract and relax to move the body
tendons	cords that join muscles to bones
joints	areas where two or more bones are fitted e.g. knee, elbow
healthy	when a living thing has all its basic survival needs met and is not unhealthy
basic survival needs	animals, including humans need water, food and air to survive
exercise	activity like running and jumping which keeps animals including humans, healthy
food	substances which provide nutrients to keep a living thing alive

## Exciting books / web links:

MacDonald's nutrition calculator:  
<https://www.mcdonalds.com/gb/en-gb/good-to-know/nutrition-calculator.html>

Polar explorer resources:  
<https://www.stem.org.uk/resources/collection/241660/polar-explorer>



## Parents as partners:

- Can you write down a balanced diet for a child in year 6?
- Research how many bones a human skeleton has
- Design a poster to encourage healthy eating.
- Find out the careers you can go into in this field.
- What muscles do we use when we are playing football?
- Research why Wilhelm Röntgen is famous, what did he discover?