

VOCABULARY

**Vertebrate**- An animal with a backbone inside their body.

**Bones**- The hard parts inside your body which form your skeleton.

**Skeleton**- The framework of bones in your body.

**Backbone (Spine)** The column of small, linked bones down the middle of your back.

**Muscle**- move the different parts of your body, inside and out.

**Healthy**- feeling well and not suffering any illness.

**Exercise**- a physical activity to keep your body fit.

**Hygiene**- how clean something is.

**Disease**- an illness which affects people, animals or plants. bacteria or virus.

**Balanced diet**- Choosing foods in the right amounts from each of the food groups.

## What do we need to survive and be healthy?

**Balanced diet**  
(Food)



**Water**



**Air**



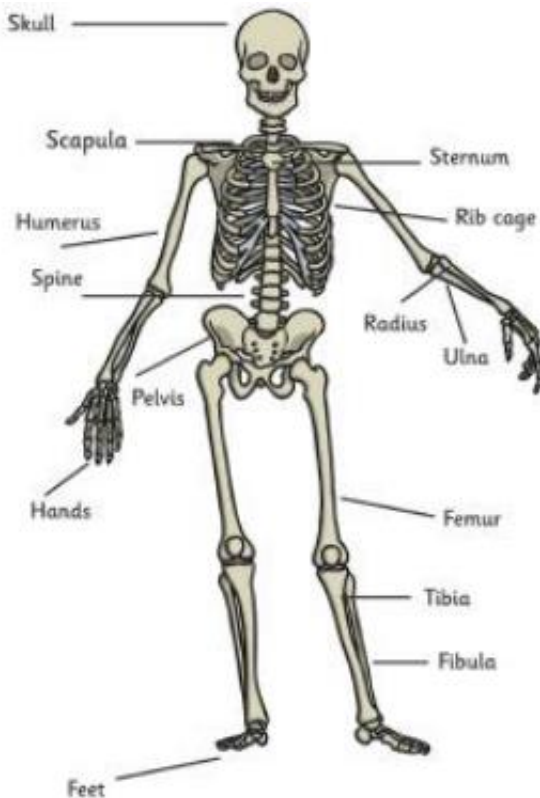
**Exercise**



**Hygiene**



## The Skeletal System.



## Characteristics of Living Things:

Movement

Respire (breathe)

Sensitive to the environment

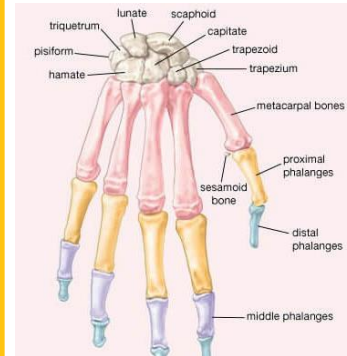
Nutrients

Excrete (Get rid of waste/poo!)

Reproduce (have babies)

Grow.

## Bones of the hand



Phalanges

Metacarpal

Sesamoid

## Skeleton

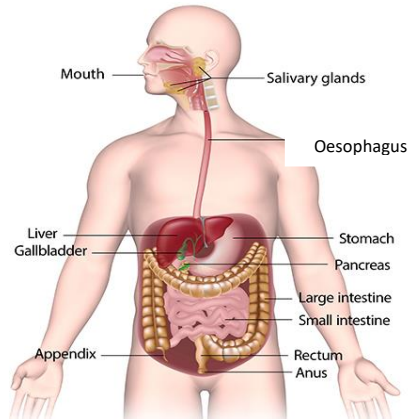
All mammals (including humans), birds, fish, reptiles and amphibians are vertebrates. This means they have a skeleton inside their bodies.

**The human skeleton is made of bones and grows as we grow. Our skull protects our brain and our ribs protect our heart and lungs.**

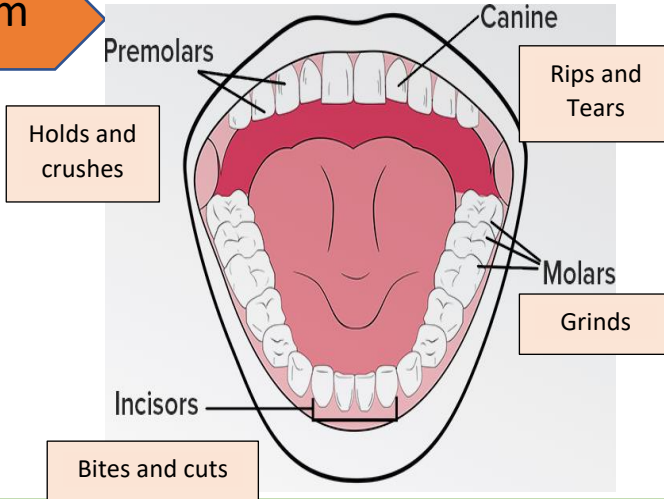
The skeleton bends at joints such as knees and ankles. Joints are where two or more bones join together.



## The Digestive System



## Teeth



### Teeth Health

- Visit the dentist regularly.
- Brush teeth twice a day.
- Limit sugary food and drink.
- Use toothpaste with fluoride.

## Year 3/4 Our Amazing Body

### Muscles

- Your body has over 650 muscles and may have different types of joints to allow your bodies to move in different ways.
- They are attached to the skeleton to help us move. They either contract (bunch up) or relax (go back to normal) to move the bones.
- It takes 17 muscles to smile
- It takes 43 muscles to frown!

Drink plenty of **water**.

**Carbohydrates** give us energy.

**Proteins** help our bodies repair themselves.

**Fats** help store energy for our bodies.

**Fibre** is important for helping us digest our food.

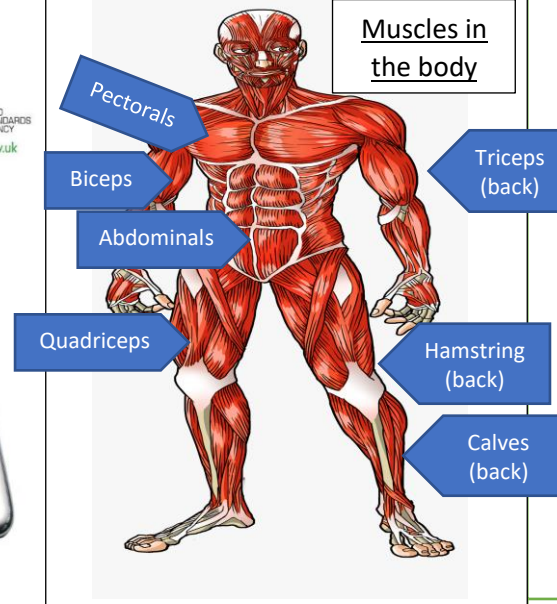
### A Balanced Diet

#### The eatwell plate

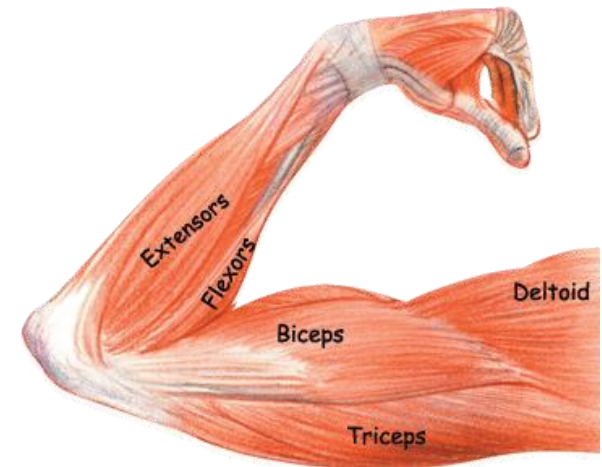
Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



### Muscles in the body



### Our arm muscles



### Nutrition

Nutrition means getting the food they need to grow and be healthy.

