



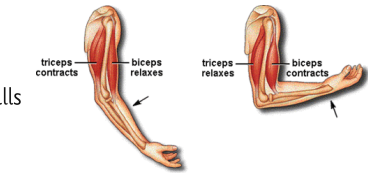
Movement and nutrition for the human body

How muscles work

Muscles often work in pairs, pulling on your bones so that you can move. When we want to move a particular body part, such as our arm, our brain sends a message to the muscles in that area.

The muscle then tightens or contracts, becoming shorter and thicker, which pulls on the bone and causes the movement.

Once the muscle has done its job, it relaxes and goes back to its original length. Muscles can only pull bones, they can't push them, so then a different muscle has to work to pull the bone back to where it started.



Muscles in your arm (biceps and triceps) contract and relax to make your arm move.

Useful Vocabulary

Nutrient - a substance that provides nourishment

Skeleton - bone work supporting the body of an animal

Muscles - a band of fibrous tissue that has the ability to contract producing movement

Joints - the point where two parts of the skeleton fit together allowing us to move

Vertebrate - an animal with an internal backbone

Invertebrate - an animal with no internal backbone

Endoskeleton - a skeleton that supports a vertebrate from the inside of the body

Exoskeleton - a rigid structure (skeleton) that supports some invertebrates from outside the body

Hydrostatic Skeleton - a type of skeleton supported by hydrostatic fluid pressure, commonly found in soft-bodied invertebrates

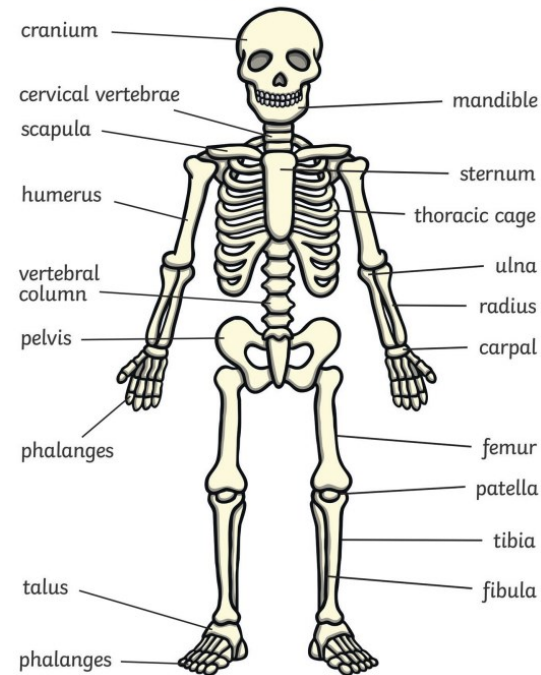
Ribs - bones originating from the spine which surround the heart and lungs in the chest

Skull - the framework of bone that surrounds the brain

Spine - a series of small bones which surround the spinal column and hold up the body

The Human Skeleton

Scientific Names



Different types of skeletons



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