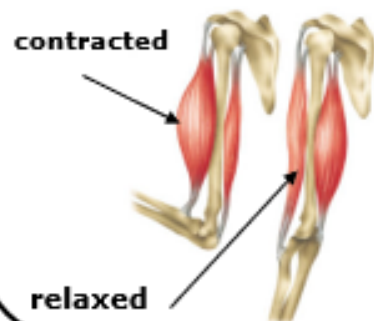


Muscles

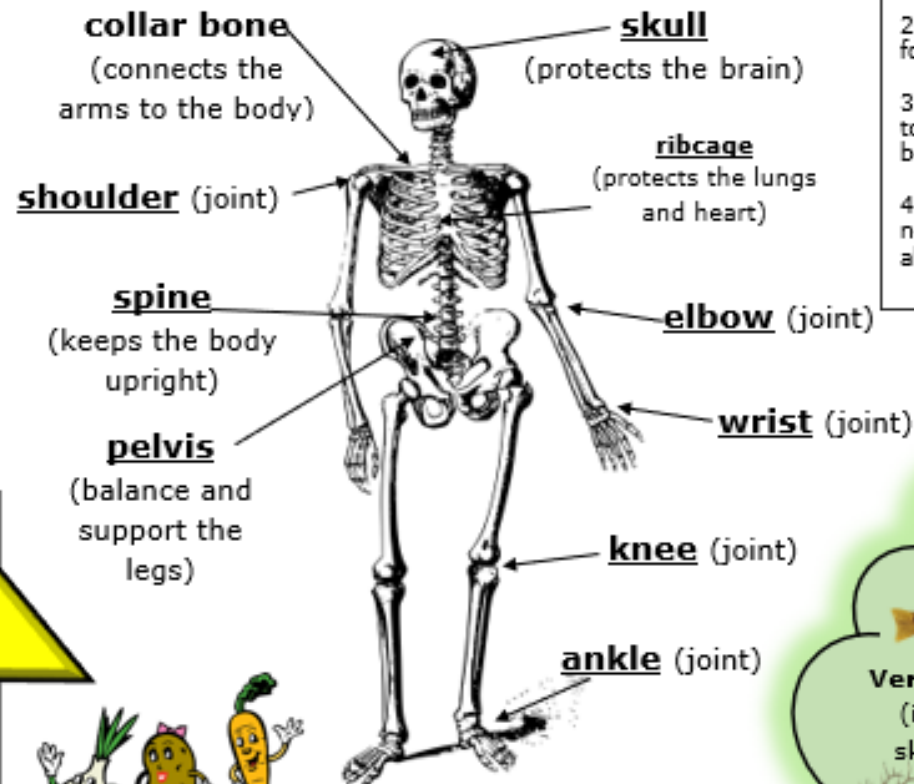
Skeletons move because bones are attached to muscles.

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.



Animals including humans



Living Things

1.) Living things need food to grow and to be strong and healthy.

2.) Plants can make their own food, but animals cannot.

3.) To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.

4.) Animals, including humans, need food, water and air to stay alive.

HEALTHY EATING

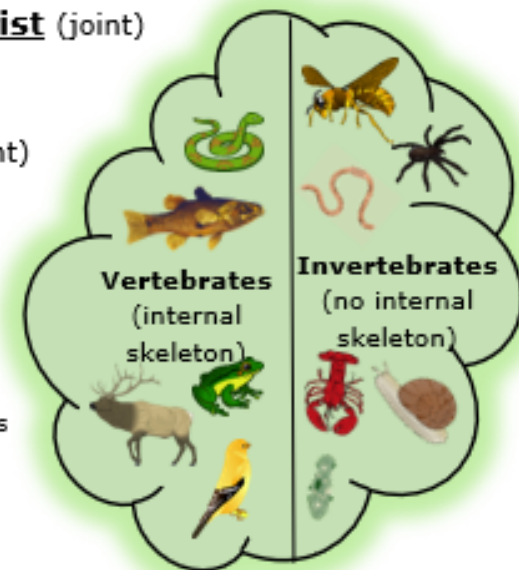
To keep your body fit and healthy you need a balanced diet using all of the food groups.

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. Should not have too much of these (chocolate, sweets, butter, oil, cream).

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



The skeleton protects our internal organs, keeps us supported and helps us move.