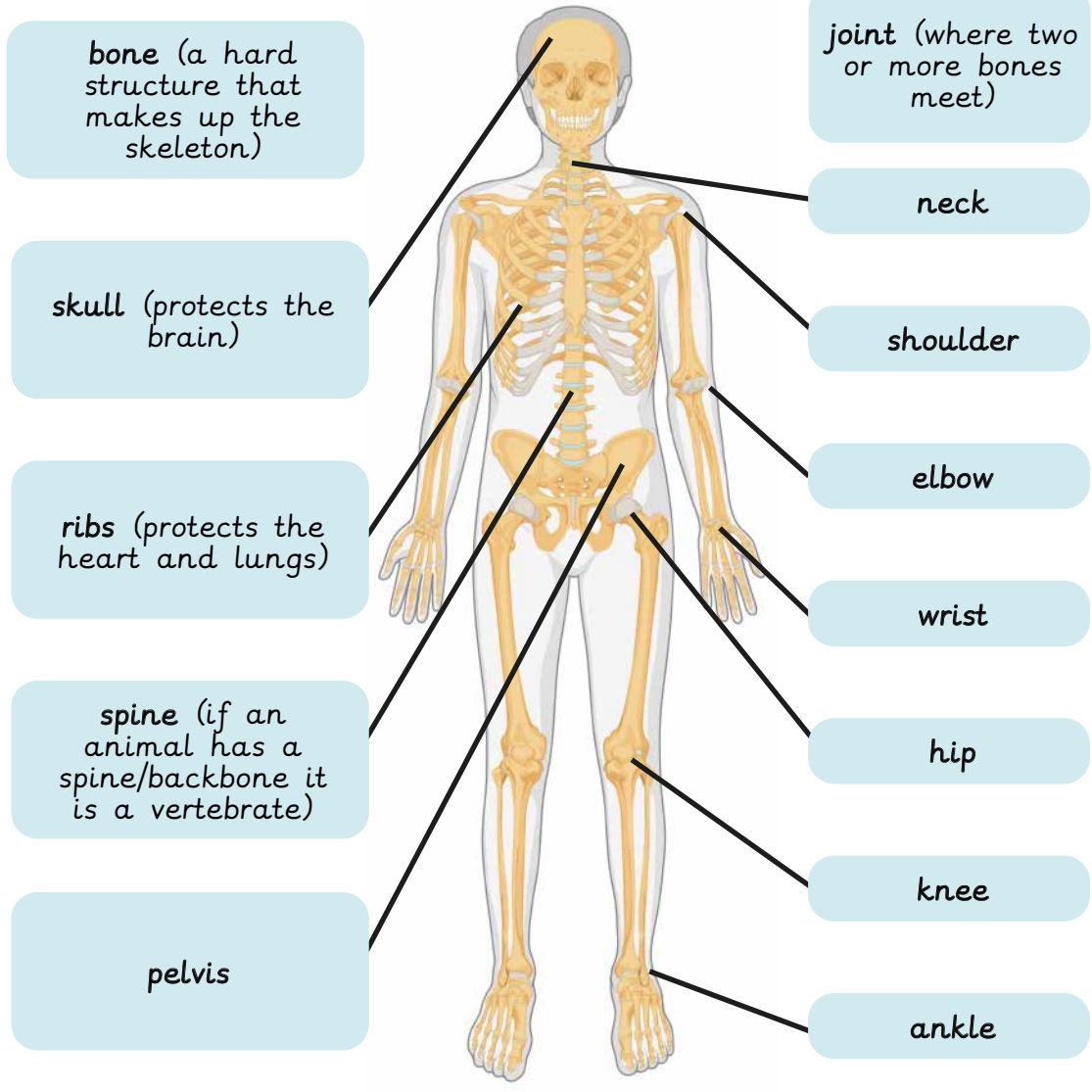
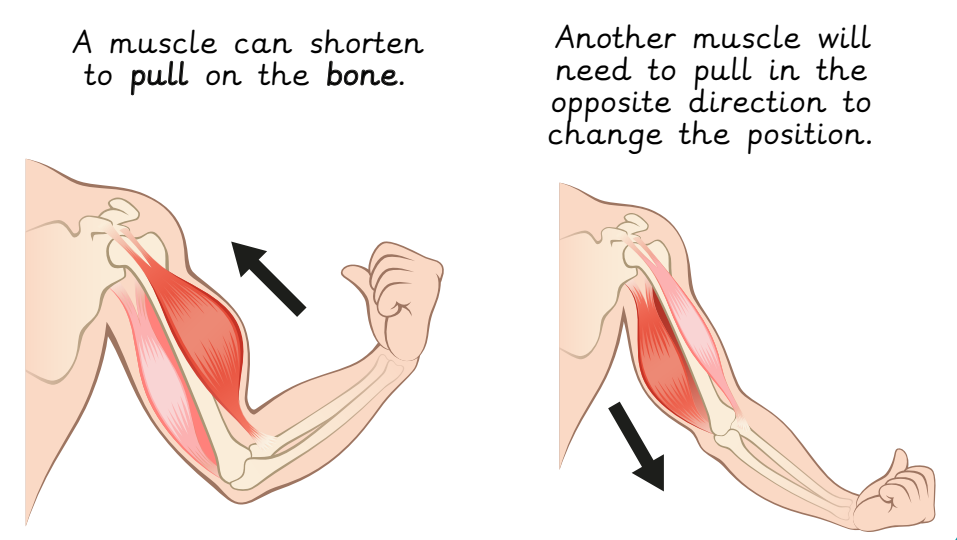


The human skeleton



Muscles attach to bones to cause a movement.



Vertebrate is an animal with a backbone.

Endoskeleton is a skeleton on the inside of the body.



Invertebrate is an animal without a backbone.

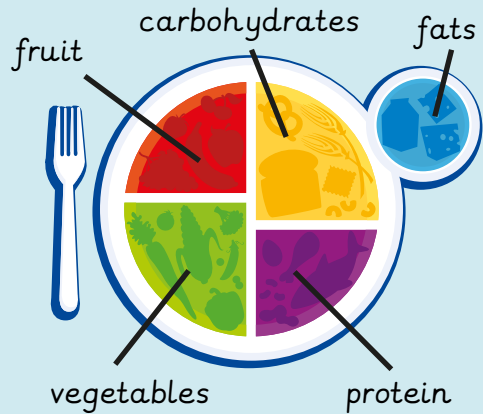
An invertebrate may have an **exoskeleton** (a skeleton on the outside of the body)...



...or no skeleton at all.



There are seven **nutrient** groups that are essential for survival. Eating all of these in the right amounts gives us a **balanced** diet.



Carbohydrates



Carbohydrates gives energy.

Protein



Protein is needed for growth and repair.

Fats and oils



Fats and oils are needed as an energy store to keep bodies warm and protect organs.

Fibre



Fibre keeps food moving through the digestive system.

Vitamins



Vitamins are important for health and helping the body to work, for example, vitamin A is needed for healthy eyes.

Minerals

Minerals are important for health and helping the body to work, for example, calcium is needed for healthy teeth and bones.

Water



Water helps the body to work, transport nutrients and remove waste.