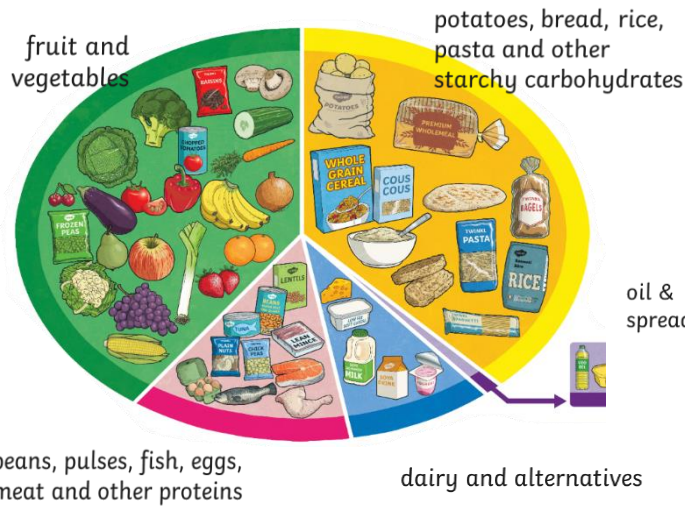
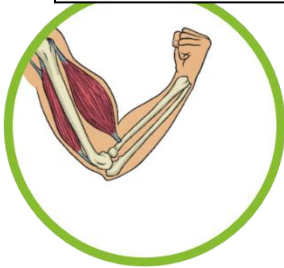


food and drinks high in fat and/or sugar



A healthy diet is important for a healthy life.

As the arm flexes, the biceps contract. The triceps relax. When the arm is lengthened, the opposite happens.



Red blood cells carry oxygen from the lungs to all parts of the body.

Skeletons have three important jobs:

- Protect organs inside the body.
- Allow movement
- Support the body and stop it from falling on the floor

Vocabulary	
Key words	Definitions
muscles	Muscles provide the tug on the bones needed to bend, straighten, and support joints
bones	Living tissue that makes up the body's skeleton.
skull	Bone that forms the head.
nutrition	The process of providing or obtaining the food necessary for health and growth
skeletons	A rigid supportive or protective structure or framework of an organism.
blood	A liquid that transports materials around the body and protects against disease.
plasma	The clear, yellowish, fluid part of the blood that carries the blood cells.
Red blood cells	A type of blood cell that is made in the bone marrow and found in the blood.
vertebrates	Are organisms which have an internal backbone.
invertebrates	Are organisms which do not have an internal backbone.



Vertebrates have a backbone (spine)... ...and invertebrates don't.