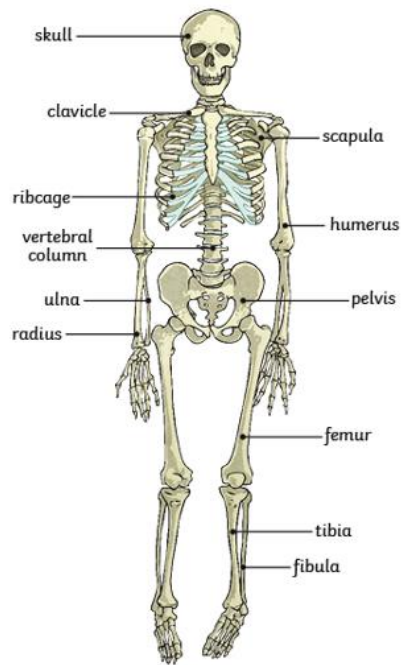
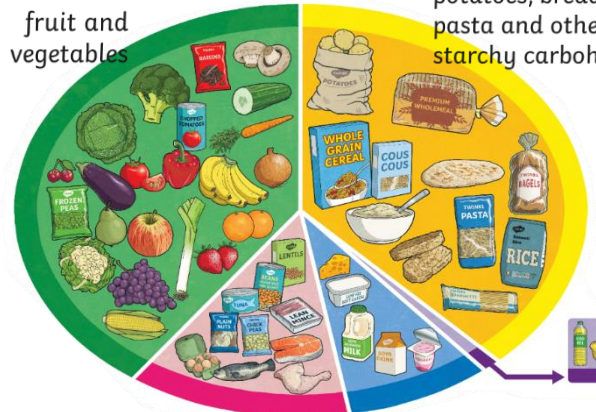


# Rolvenden Primary School – Knowledge Organiser



food and drinks  
high in fat  
and/or sugar

fruit and  
vegetables



potatoes, bread, rice,  
pasta and other  
starchy carbohydrates

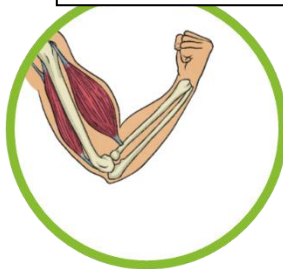
oil &  
spreads

beans, pulses, fish, eggs,  
meat and other proteins

dairy and alternatives

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.



Skeletons have three  
important jobs:

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



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

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.**