



One piece of food can provide a range of nutrients.

Science knowledge

Humans and some animals have skeletons and muscles for support, protection and movement.

The human body needs a balanced diet to work properly. Good health involves drinking enough water and eating the right amount of foods from the different food groups .

The 3 main functions of the skeleton in a human body are:

- 1) Protection - The skull protects the brain and eyes, the rib cage protects the heart and the vertebral column protects the spinal cord.
- 2) Support - The skeleton supports the body and enables its shape and keeps vital organs in their place.
- 3) Movement - Bones along with joints enable actions like jumping, holding a pencil, rotating arms, etc.

Nutrients, water and oxygen are transported in the blood to the muscles and other parts of the body where they are needed.

The skeleton provides a protective cage for the delicate organs inside. The ribcage protects the heart and lungs. As we grow, our skeleton grows with us.

Muscles, attached to bones or internal organs and blood vessels, are responsible for movement. Nearly all movement in the body is the result of muscle contraction.

Science Vocabulary

Word	Definition
nutrition	Food necessary for health and growth
skeleton	Supports and protects the body, allowing it to move.
movement	The process of moving and especially changing place or position .
muscles	These are attached to bones and help us move.
bones	The hard part inside your body which form your skeleton.

Significant scientist

Wilhelm Conrad Röntgen
(1845-1923)



Wilhelm Rontgen was a German physicist who discovered X-rays in 1895. He was awarded many honours and won the Nobel Prize for physics in 1901.

