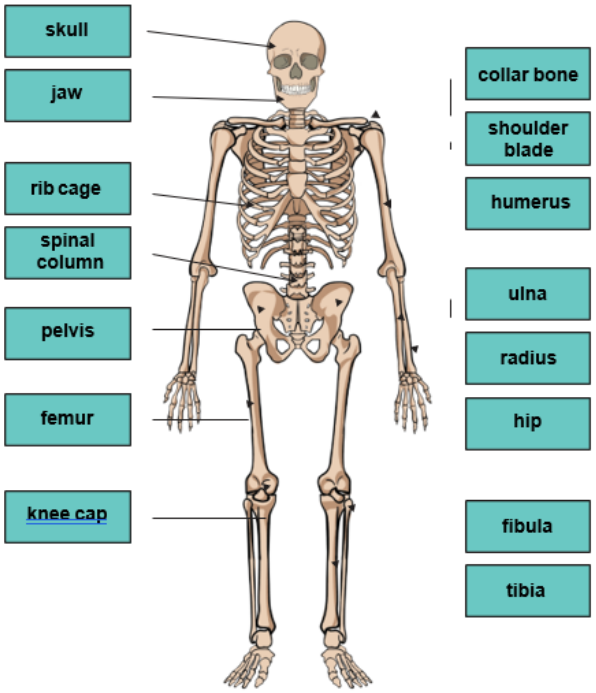
Animals including Humans Knowledge Organiser

Bones



Other animals

Vertebrates are animals that have a spine or backbone as part of their skeleton. Humans are vertebrates.

Invertebrates are animal that do not have a backbone. A butterfly is an invertebrate.



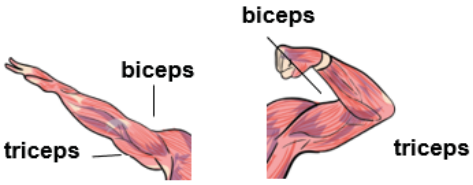
Muscles

To **straighten** our arm, our **biceps relax** and our **triceps contract.** This straightens our arm.

To **bend** our arm, our **biceps contract** and our **triceps relax.** This allows us to bend our arm at the elbow joint.

When we **stretch** our muscles, they become **longer** and **thinner.**

When we **contract** our muscles, they become **shorter.**



Nutrition

Humans need to eat a **healthy balanced diet.**

Nutrition is when we eat food to **give us energy.** Adults and children need lots of energy to help them **keep moving** and keep their **bodies healthy!**

Children also need food to **help them grow.**
The Eatwell **Plate shown** below s a guide to help show us how much of each type of food **we should eat.**



fruit & veg
dairy
sugar & fats
carbs & starches
protein

Key Vocabulary

bone - hard parts of the skeleton

contract - to squeeze together

diet - the food that we eat

exoskeleton - a skeleton on the outside of the body

invertebrate - an animal without a spine/backbone

healthy - things that are good for our bodies

muscle - a bundle of tissue that contracts to allow movement

nutrition - the food we eat that gives us energy

relax - to become less tense

skeleton - a framework of bone to support the body

unhealthy - things that are not good for our bodies

vertebrate - an animal with a spine/backbone