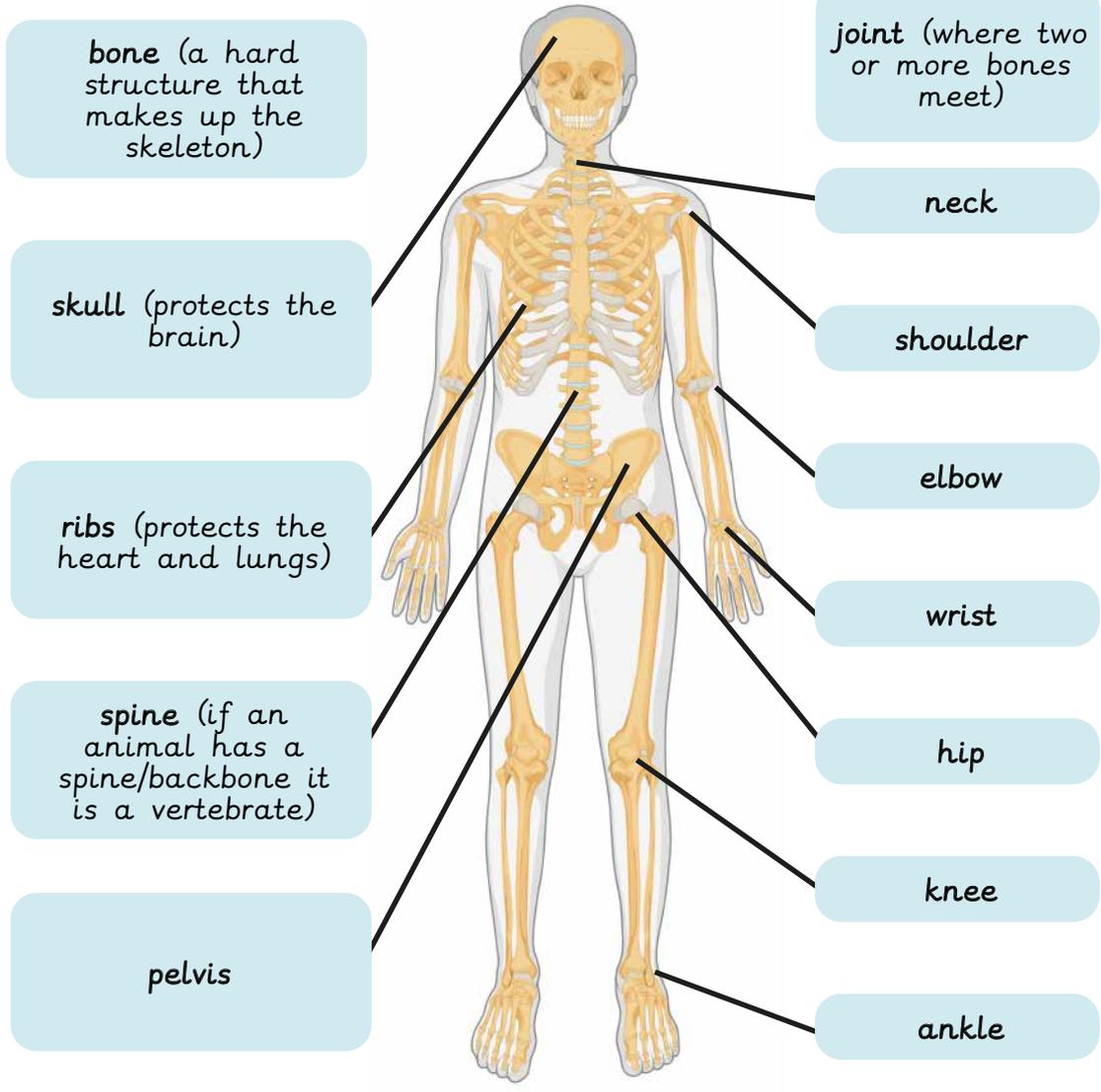
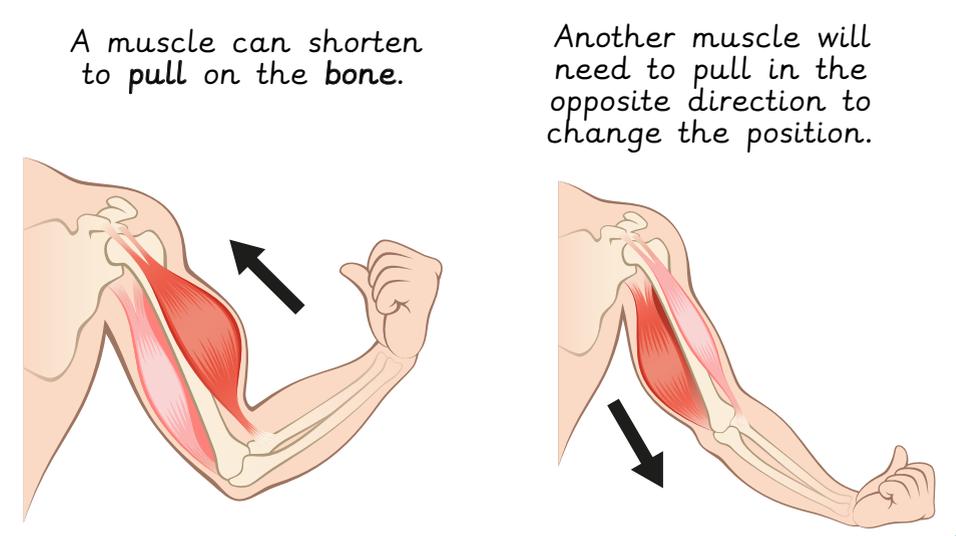


### The human skeleton



### Muscles attach to bones to cause a movement.



**Vertebrate** is an animal with a backbone.

An **endoskeleton** is a skeleton on the inside of the body.



**Invertebrate** is an animal without a backbone.

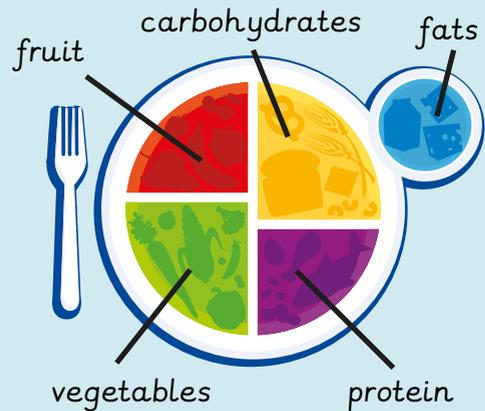
An invertebrate may have an **exoskeleton** (a skeleton on the outside of the body)...



...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 give 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.