

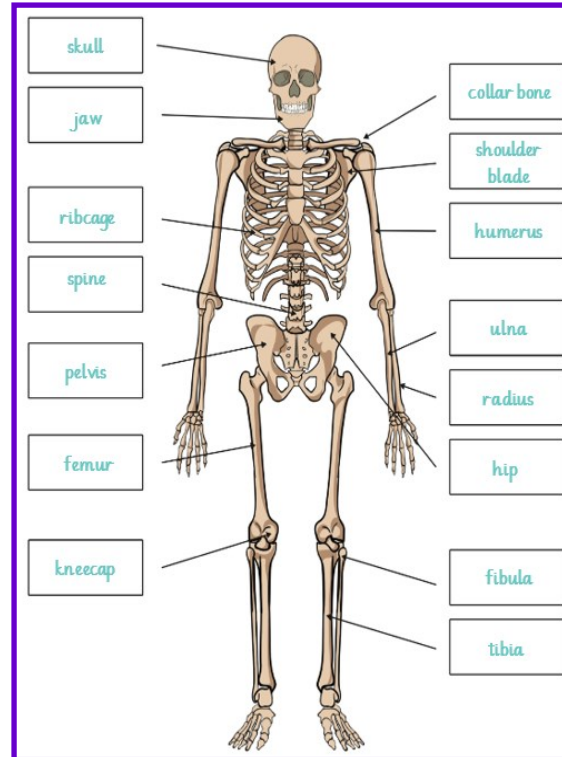
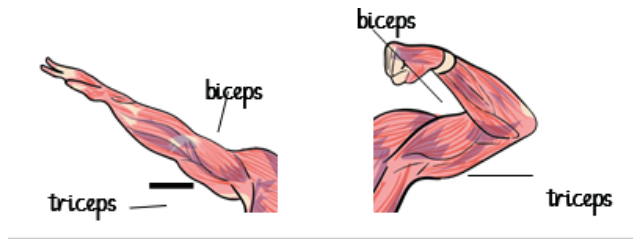
Year: 3
 Term: Autumn 1
 Topic: Biology - What do I need to make my body move?

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**.



Glossary

- bones** A solid part of the skeleton.
- diet** The food that an animal eats.
- healthy** Good for your health.
- invertebrate** An animal without a backbone (spine).
- muscles** A bundle of tissue in the body of an animal that can contract enabling movement.
- nutrition** Food or nourishment.
- skeleton** The framework of bones that supports the body of an animal.
- unhealthy** Not good for your health.
- vertebrate** An animal with a backbone (spine).

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



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



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 is a guide to help show us how much of each type of food we should eat.

