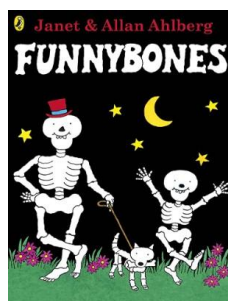




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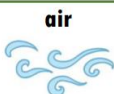
KNOWLEDGE ORGANISER

Funnybones – how can we look after our bodies?



Key facts

All animals need three basic things to stay alive:



air

water



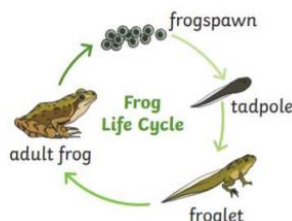
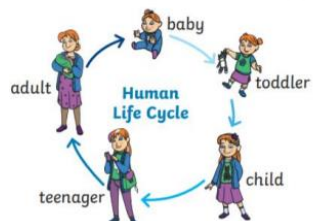
food



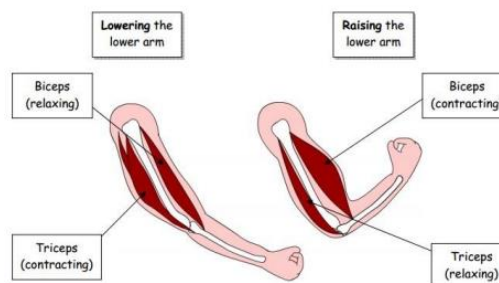
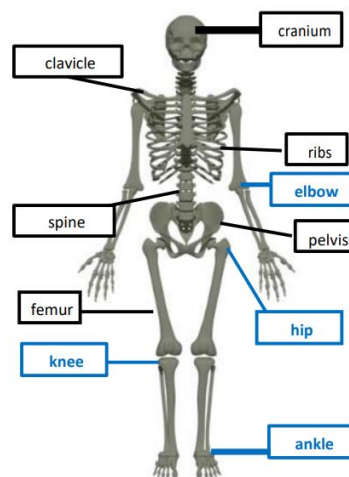
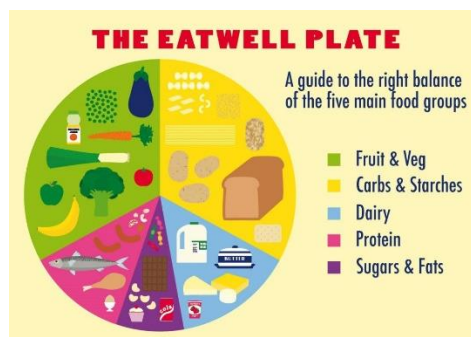
Being active and exercising keeps our body and mind healthy.



Hygiene is important for staying healthy.



To grow into healthy adults, we need to eat the right foods in the right amounts.



Vocabulary

adult	A fully grown animal or plant
backbone	The column of small linked bones down the middle of your back, also known as the spine.
bones	The hard parts inside your body which form your skeleton.
contract	To make smaller by drawing together.
develop	To grow bigger, better and become stronger.
diet	The food and water that an animal needs.
disease	Any harmful change from normal e.g. an illness or sickness,
elbow	The bend or joint between the upper and lower arm.
endoskeleton	The internal skeleton of an animal, the bony skeleton of vertebrates.
exoskeleton	The protective or supporting structure covering the outside of the body of many animals.
exercise	An activity taking effort to sustain or improve health and fitness.
germs	Very tiny living things that can cause disease.
hygiene	Things you can do to keep yourself and around us clean to reduce germs and stop them spreading.
joints	The junction between two or more bones.
Life cycle	The changes all living things go through to become an adult.
Live young	Offspring that has not hatched from an egg.
Muscles	Something inside your body which connects two bones and which you use when you make a movement.
Nutrition	Food we need to live.
Offspring	The child of an animal.
organs	A part of your body that has a particular purpose.
protect	Protecting someone or something means to prevent them from being harmed or damaged.

Pulse	The beating of the heart that can be felt in your neck and your wrist.
relax	When a part of your body relaxes, or when you relax it, it becomes less stiff.
skeleton	The framework of bones on your body.
support	To hold something up.
tendons	A strong cord in a person's or animal's body which joins a muscle to a bone.
vertebrate	A creature which has a spine.