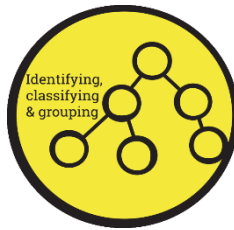


## Working Scientifically Skills



WHO?

Marie Curie



Year 2

Animals inc. Humans

Biology



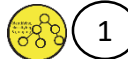
### Vocabulary

healthy	in a good physical and mental condition	vertebrate	animals with backbones
nutrients	substances that living things need to stay alive and healthy	invertebrate	animals without backbone
energy	strength to be able to move and grow	muscles	soft tissues in the body that contract and relax to cause movement
saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts	tendons	cords that join muscles to bones
unsaturated fats	fats that give you energy, vitamins and mineral	joints	areas where two or more bones are fitted together

## WHAT?

The **skeleton** is made of **bones**, **muscles**, **ligaments** and **tendons**

The skeleton **protects** the **organs** and **support** the **body**. Bones have common and scientific names.



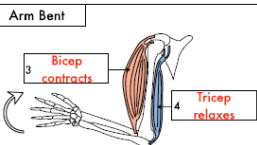
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Animals, including humans, need the right types and amount of nutrition, and they cannot make their own food; they get **nutrition** from what they eat. Nutrition means **giving bodies** the food that they need in order to **survive**. All animals need a **balanced** diet. An animal's body is **adapted** so they are able to eat the **appropriate** food.

2



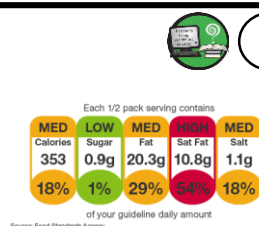
**Muscles** and **tendons** **contract** and **relax** to help with movement. The **heart** is an **involuntary** muscle because it moves on its own, whereas our **biceps** and **triceps** are **voluntary** muscles because we choose when to move them. Doctors have a good understanding of muscles. Muscles enable us to move our body parts. Not all muscles are used at once. Muscles move in **pairs**.

**Vertebrates** have a **backbone** (spine) and **invertebrates** do not.

All **vertebrates** have an **endoskeleton**. However, **invertebrates** can be divided again between those with an **exoskeleton** and those with a **hydrostatic** skeleton. Animals with **endoskeletons** have skeletons on the **inside** of their bodies. They **grow** with the animal. Animals with **exoskeletons** have their skeletons on the **outside**. They **shed** their skeleton and grow a new one. Animals with **hydrostatic** skeletons don't actually have any bones. They have **fluid-filled** compartment in their body called a **coelom**. Animals with **hydrostatic** skeletons are class as **invertebrates**.



We need a **variety** of different foods to stay **healthy**. There are food types (**proteins**, **vitamins** and **minerals**, **fats** and **oils**, **carbohydrates**) and we need a balance of these to stay **healthy**. If you have an **unbalanced** diet, this could mean you are **unhealthy**. Nutritionists must have a good idea of different food groups.



3



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