



1. THE MUSCULAR SYSTEM

Our muscles help us move and keep us alive.

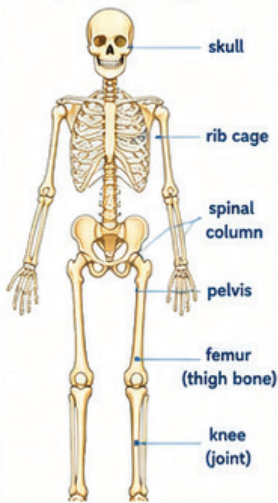


KEY FACTS

- We have around 650 muscles.
- Muscles work in pairs.
- Voluntary muscles can be controlled, such as our biceps.
- Involuntary muscles work without us thinking, such as our heart and intestines.
- Muscles pull on our bones using strong fibres called tendons.

2. THE SKELETAL SYSTEM

Our bones give our body shape, help us move and protect our organs.

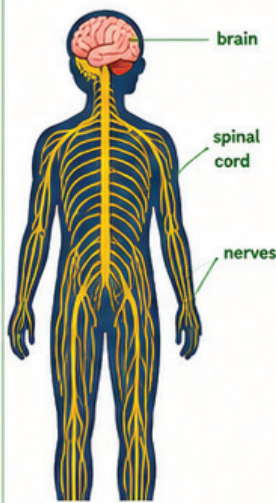


KEY FACTS

- Humans have an endoskeleton (skeleton inside our bodies).
- An adult has 206 bones.
- Joints are where bones meet. Bones are connected by ligaments.
- Our skull protects our brain.
- Our rib cage protects our heart and lungs.
- The spine helps us bend and straightens our body.

3. THE NERVOUS SYSTEM

Our brain sends messages around our body.

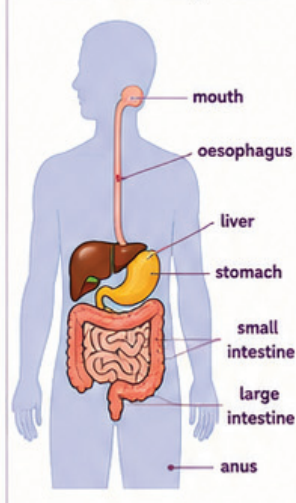


KEY FACTS

- The brain is the command centre of our body.
- It is connected to the spinal cord.
- Nerves carry messages back and forth between the brain and the rest of the body.
- Reflex actions happen quickly without the brain, e.g. pulling your hand away from something sharp.

4. THE DIGESTIVE SYSTEM

Our digestive system turns food **into energy** and nutrients our body needs.

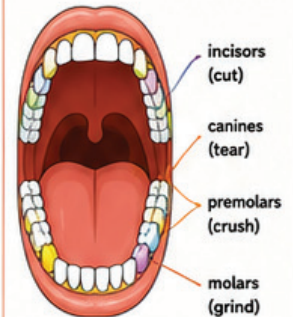


KEY FACTS

- Key parts include mouth, oesophagus, stomach, small intestine, large intestine and anus.
- Food is broken down into small pieces.
- Nutrients are absorbed into the blood in the small intestine.
- The large intestine absorbs water and the rest is passed out as faeces.

5. PREPARING TO EAT (TEETH)

Our teeth break food into smaller pieces so we can swallow and digest it.



KEY FACTS

- We have four types of teeth: incisors, canines, premolars and molars.
- Salivary glands make saliva to moisten food and start digestion.
- Teeth cut, tear, crush and grind food.
- A balanced diet and healthy choices keep our bodies strong.



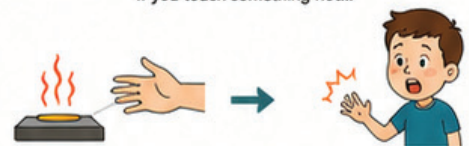
KEY VOCABULARY

voluntary muscle	A muscle we can control with our minds, such as our arm muscles.
involuntary muscle	A muscle we do not control, such as our heart and intestines.
tendon	A strong fibre that connects muscle to bone.
ligament	A strong, stretchy tissue that connects bone to bone at a joint.
joint	The place where two or more bones meet.
endoskeleton	A skeleton inside the body.
exoskeleton	A skeleton on the outside of the body (e.g. in insects).
organ	A part of the body that has a specific job.
organ system	A group of organs that work together.

nerves	Tissue that carries messages around the body.
reflex action	A quick action that happens without the brain.
digestion	The process of breaking down food.
nutrient	A substance in food that our body needs to stay healthy.
saliva	A watery liquid in the mouth that helps break down food.
peristalsis	Muscle movements that push food through the digestive system.
faeces	Waste that is passed out of the body.
balanced diet	Eating the right types and amounts of food to stay healthy.

REFLEX ACTION EXAMPLE

If you touch something hot...



...a message goes to your spinal cord, which tells your muscles to move your hand away very quickly.

EATING A BALANCED DIET

We need to eat a variety of foods to give us energy, help us grow and keep us healthy.



fruit & vegetables



carbohydrates
(bread, rice, potatoes)



protein
(meat, fish, eggs, beans)



dairy
(milk, cheese, yogurt)

KEY FACTS TO REMEMBER



Muscles help us move and some work without us thinking.



Bones give us shape, help us move and protect our organs.



The brain and nerves send messages around our body.



Digestion breaks food down and absorbs nutrients.



Teeth break food into smaller pieces so we can digest it.



Our heart is a powerful involuntary muscle that keeps us alive.



A balanced diet and drinking water keeps our bodies healthy.



Our bodies are amazing! Each system works together to keep us alive and help us do the things we love.