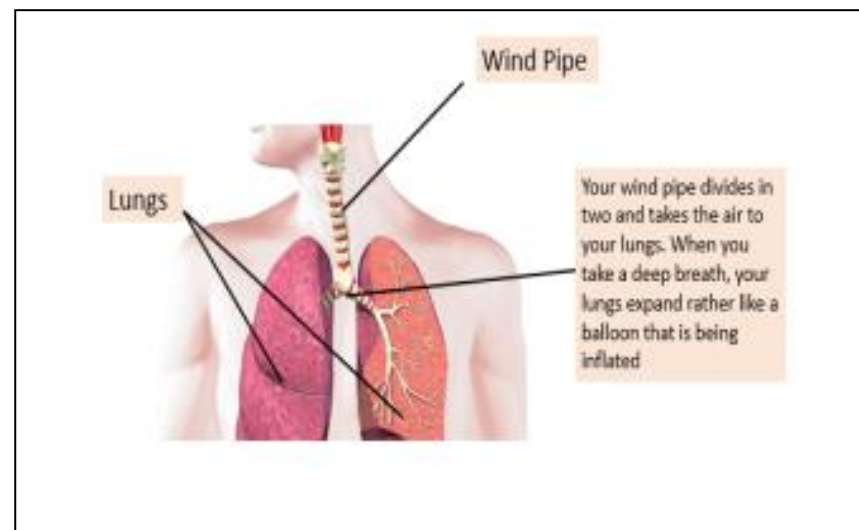
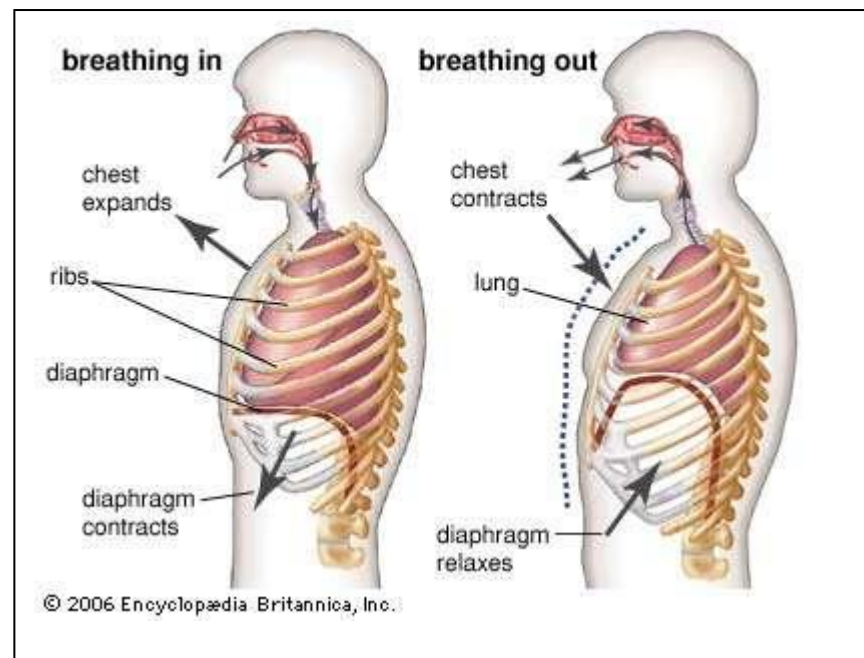


**The skeleton protects our internal organs, keeps us supported and helps us move.**



**Once your lungs have put oxygen in your blood, it is pumped around your body by your heart. The oxygen can then reach the muscles where it is needed to give you energy.**

**HEALTHY EATING**

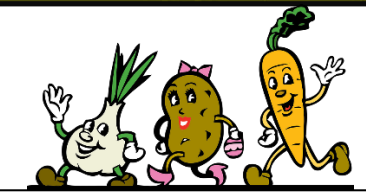
To keep your body fit and healthy you need a balanced diet using all of the food groups.

**Carbohydrates** – Main source of energy for our bodies (rice, potatoes, pasta and bread).

**Protein** – Repairs and builds muscles, organs and immunity (fish, meat, eggs and cheese).

**Sugar and Fats** – Stored for energy and creates a layer of fat to keep us warm. Should not have too much of these (chocolate, sweets, butter, oil, cream).

**Vitamins and Minerals** – Keeps us growing and fighting infections (fruit and vegetables).



It is recommended that we eat 5 portions of fruit and vegetables each day.

**5 A DAY YOUR WAY**

**Muscles**

Skeletons move because bones are attached to muscles.

When a muscle **contracts** (bunches up), it gets shorter and so pulls up the bone it is attached to.

When a muscle **relaxes**, it goes back to its normal size.

**contracted**

**relaxed**

# Fit for Success!

Knowledge Organiser – Owls and Squirrels