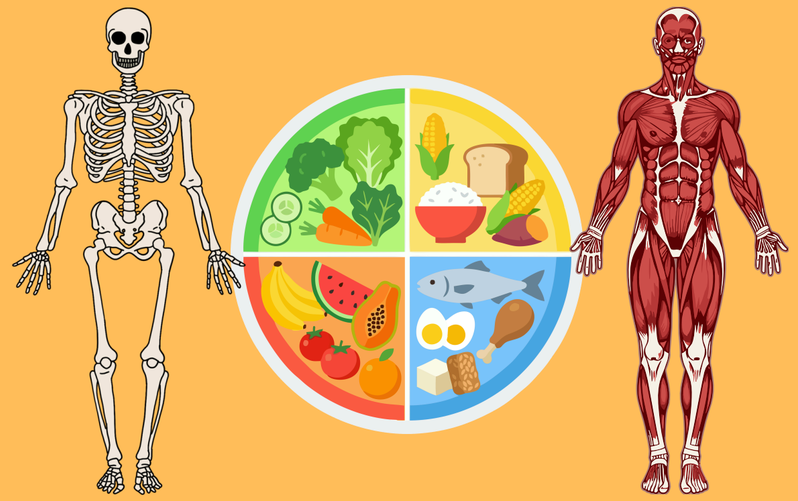
Science Knowledge Map

Skeletons and Muscles

How can we keep our bodies healthy and working effectively?



The skills I need:

- Making careful observations over time
- Using simple comparative tests
- Idenitfying, classifying and grouping
- Recording findings accurately





Carbohydrates	Foods that give your body energy e.g. bread, rice.
Movement	When your body changes position, e.g. walking, running, jumping, or stretching.
Muscles	Parts of the body that help us move.
Nutrition	Nutrients from food to help your body grow, stay healthy, and work properly.
Protein	Helps your body grow, stay strong, and repair muscles and tissues. e.g. meat, fish.
Skeleton	A collection of bones that gives your body shape, support, protects important organs, and helps you move.