



Animals, including Humans - How do we grow?

1. What are the 3 main functions of the **skeleton**?

1.
2.
3.



2. Name one major **bone** in the body and describe its function.

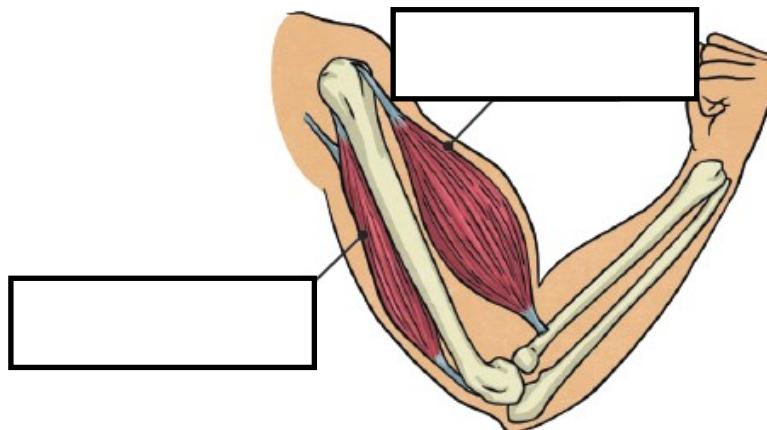
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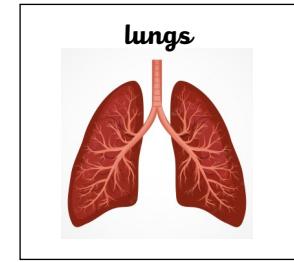
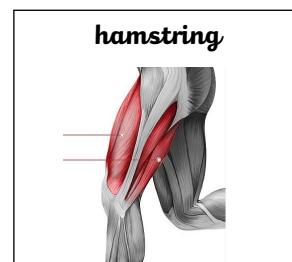
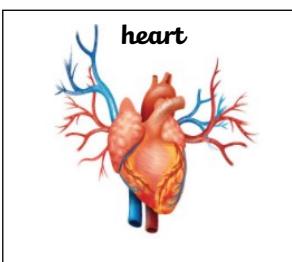
3. The **tissue** that attaches **muscle** to **bone** is called...

- A) spine
- B) tendon
- C) joint

4. Label the diagram to show the **bicep** and **tricep muscles**.



5. Which of these **muscles** are **involuntary**? Tick the boxes.



6. Which of the following do you need in order to stay **healthy**?

- A) Lots of food, to run really fast and grow tall
- B) A balanced diet, exercise and good hygiene
- C) Unsaturated fats and no exercise

7.

Draw a line to match the **nutrient** to its function.

Nutrient	Job
vitamins	gives us energy
water	helps us digest food
protein	repairs our bodies
minerals	moves nutrients around and clears waste
fibre	keeps us healthy
carbohydrates	
fats	

8. A lack of **vitamins** from poor **diet** may cause...

- A) illness and tiredness
- B) fibre
- C) tooth decay

9. What **physical characteristics** does this sprinter have that may support his athletic ability?

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