

KEY VOCABULARY

Skeleton

The bones that **make up the human body**

Joint

The place where **two bones come together**

Muscles

Muscles **move the different parts of our body** by contracting and relaxing

Digest

The process where **the food we eat gets broken down**

Red blood cell

Vehicles that **carry oxygen** around the body

Arteries

A **tube that blood cells travel through** around the body from the heart

Veins

A **tube that carries blood cells back** to the heart

Germs

Tiny living things that **cause illness**

Edward Jenner

A scientist who **invented a vaccination against smallpox**

Louis Pasteur

A scientist who discovered that **heating liquids killed the germs** within

Ways to keep healthy

Reason

Exercise

Exercise keeps our muscles and bones strong. It also makes us feel happy

Eating healthy foods

Our bodies take nutrients from our food that help us to grow and stay well

Resting

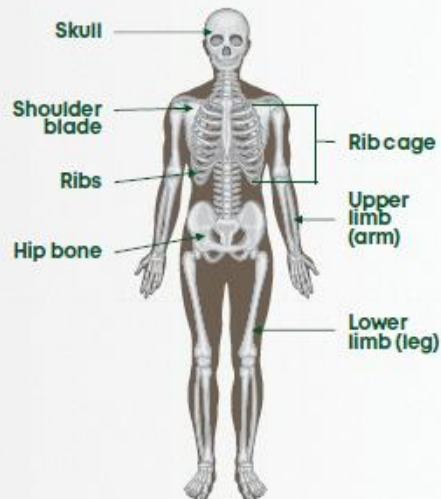
Rest helps our bodies to recover and rebuild

Keeping clean

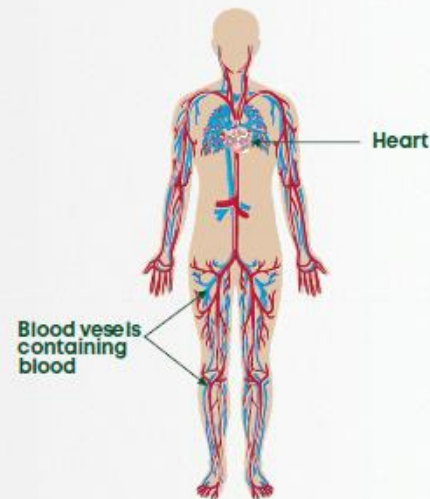
Good hygiene prevents germs from spreading

Medicines

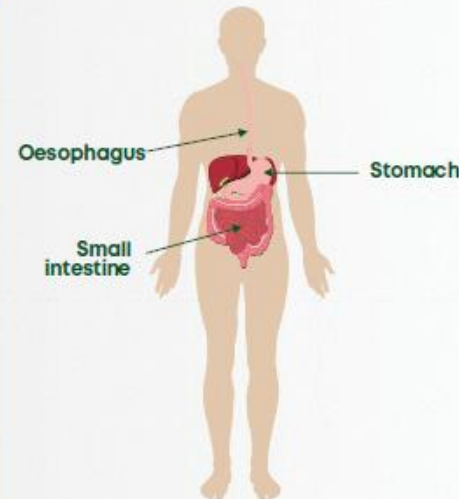
If we are ill, sometimes medicines can make us better



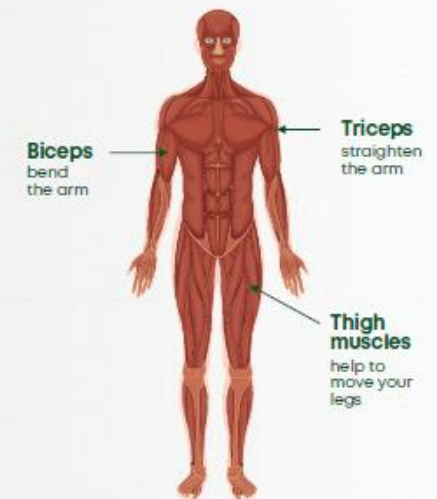
SKELETAL SYSTEM



CIRCULATORY SYSTEM



DIGESTIVE SYSTEM



MUSCULAR SYSTEM